



# LUNCH MENU

STARTERS



**HOMEMADE VEGETABLE SOUP €5.00**

WITH CRISPY WHITE ROLL 2,7,10,11,12

**WILD ATLANTIC SEAFOOD CHOWDER €6.00**

WITH HOMEMADE BROWN BREAD 2,3,4,5,7,9,10,11,12

**CRISPY WARM CHICKEN & PINE NUT SALAD €8.90**

SERVED WITH PINEAPPLE, GHERKINS, RANCH DRESSING & PARMESAN  
1,2,5,7,10,11,11,13

**SPICY ROAST VEG COUSCOUS & QUINOA SALAD €8.50**

SERVED WITH BABY LEAF PESTO SALAD WITH SUNFLOWER SEEDS  
2,7,10,11

**BBQ PORK RIBS €8.90**

WITH BABY PESTO SALAD, JALAPEÑO,  
HOMEMADE CHIPS & BBQ SAUCE 1,2,5,7,8,9,10,11,12

**WILD ATLANTIC FISH CAKES €8.90**

WITH PINEAPPLE SALSA, TARTARE SAUCE & BABY PESTO  
LEAF 1,2,3,4,5,7,10,11,12

**SPICY CHICKEN WINGS €8.90**

SERVED WITH BABY LEAF PESTO SALAD, TOASTED CIA-  
BATA BREAD & GARLIC MAYO 1,2,5,7,8,9,10,11,12

BAKERY



**SEVEN SPICE CHICKEN MELT FOCACCIA SANDWICH €9.90**

TOPPED WITH MELTED MOZZARELLA, FILLED WITH CRISPY  
BACON, & SWEET CHILI MAYO TOPPED ON BABY LEAF  
SERVED WITH CHIPS & COLESLAW 1,2,7,9,10,11,13

**VEGETARIAN STIR FRY WRAP €9.90**

SERVED WITH SWEET POTATO FRIES  
& PINEAPPLE SALSA 1,2,7,8,9,10,11

**SLOW COOKED BBQ PULLED BEEF BRISKET BAP €9.90**

FILLED WITH LETTUCE, ONION, GARLIC MAYO  
SERVED WITH CHIPS & COLESLAW  
1,2,5,7,9,10,11,13

**IRISH NATURE BEEF STEAK SANDWICH €14.90**

TOPPED WITH MELTED CHEDDAR CHEESE  
WITH SAUTÉ ONIONS, SAUTÉ WILD MUSHROOMS &  
PEPPERCORN SAUCE.  
SERVED WITH CHIPS & HOMEMADE COLESLAW  
1,2,5,7,10,11,12,13

MAIN

**SPECIAL OF THE DAY €13.90**

PLEASE ASK YOUR SERVER

**OVEN BAKED SALMON FILLET €14.90**

WITH HONEY ROAST VEGETABLES, CREAMY MASH POTATO &  
LIMONCELLO SAUCE  
2,5,9,12

**6OZ HEREFORD BEEF BURGER €14.90**

WITH CRISPY STREAKY BACON, CHEDDAR CHEESE, LETTUCE,  
TOMATO, RED ONION, MAYO & COUNTRY RELISH, SERVED WITH  
CHIPS & COLESLAW 1,2,5,7,9,10,11,13



**GARDEN VEGETABLE & GOAT CHEESE QUICHE €12.90**

WITH PINE NUT PESTO SALAD 1,2,7,10,11,12

**ORIENTAL CHICKEN STIR FRY €13.90**

SERVED WITH AISIAN INFUSED RICE 1,2,7,10,11,12

**PAN FRIED CAJUN CHICKEN BURGER €13.90**

FILLED WITH CRISPY STREAKY BACON, CHEDDAR CHEESE, BA-  
BY LEAF, GHERKINS, TOMATO, RED ONION, MAYO, COUNTRY REL-  
ISH, SERVED WITH CHIPS, HOMEMADE COLESLAW & BATTERED ON-  
ION RINGS 1,2,5,7,9,10,11,13

**WELCOME TO BIA & CO**

**MANY OF OUR DISHES CAN BE GLUTEN-FREE, ASK YOUR SERVER FOR MORE DETAILS**



**1, EGGS / 2, MILK / 3, SHELLFISH / 4, MOLLUSCS / 5, FISH / 6, PEANUTS / 7, SESAME / 8, SOYA / 9, SULPHUR DIOXIDE / 10, NUTS / 11, GLUTEN / 12, CELERY / 13, MUSTARD / 14, LUPIN**