



## Lunch Menu 12:00 to 16:00

### **Sandwiches & Wraps**

(served with fries)

**Classic Club Sandwich (1,3,6,7) €10.95**

Crispy bacon, chicken mayonnaise, egg, cheese, lettuce, tomato.

**Vegetarian Delight Sandwich (1,7) (V) €10.50**

Canarian cheese, crushed avocado, rocket, tomato and hummus on brown bread

**Zacary's Strip Steak Wrap (1,3,6,10) €12.50**

Prime rump steak, Canarian cheese, caramelised onion, tomato, lettuce and mustard mayonnaise in a tortilla wrap.

**Tandoori Chicken Wrap (1,7,12) €11.50**

Seasoned chicken breast, tomato, lettuce, red onion, jalapeno with yoghurt and mango chutney in a tortilla wrap.

**Tuna Baguette (1,3,4,6,7,10) €10.00**

Filled with tuna mayonnaise, roasted red peppers, artichoke, lettuce and cheese.

**Prawn and Avocado Bagel (1,2,3,6,7,11,12) €11.90**

Atlantic prawns, avocado, lettuce, tomato, onion and Mary Rose sauce.

### **Poke Bowl**

**Chicken Poke Bowl (10;12) €14.50**

BBQ Breast of chicken, Basmati rice, red kidney beans, avocado, chickpeas, crispy green salad with balsamic vinaigrette.

**Vegetarian Poke Bowl (10,12) (V) €12.50**

Basmati rice, red kidney beans, avocado, chickpeas, crispy green salad with balsamic vinaigrette.

If you have any dietary requirements, please inform our staff and we will be happy to accommodate your requests. Unfortunately, we cannot give a 100% guarantee that there will be no cross-contamination between preparations and / or ingredients, but all our dishes have their allergen index. If you have any doubts, your waiter will be happy to help. Prices include IGIC

## **Salads**

**Chicken Caesar Salad (1,3,4,7,10) €12.50**

Breaded breast of chicken served on a bed of crispy lettuce, tomatoes, croutons, Parmesan and Caesar dressing.

**Garden Salad with Tuna (3,4,6,10) €11.00**

Flaked tuna, avocado, boiled egg, lettuce, tomato, red onion, chickpeas, carrot & mustard mayonnaise.

## **Hamburgers**

(served with fries)

**Classic Hamburger (1,6,11,12) €12.00**

Beefburger, lettuce, tomato, Gherkins and onion on seeded bun.

(Make it a cheeseburger – extra €1) (7)

**Bacon & Cheeseburger (1,6,7,11,12) €13.90**

Beefburger, crispy bacon, cheese, lettuce, onion tomato and gherkin on seeded bun.

**Crispy Chicken Burger (1,2,3,7,9,11) €13.50**

Crispy southern fried chicken burger served on a seeded bun with Guacamole, lettuce and tomato.

**Vegetarian Burger (1,3,6,9,11) (V) €13.50**

Breaded vegetable and cheeseburger served on a seeded bun with lettuce, tomato topped with onion rings.

## **Pastas**

**Spaghetti Bolognese (1,9,12) €12.50**

Ground lean Beef in a rich tomato and herb ragu sauce.

**Beef Lasagne (1,3,7,9,12) €12.50**

Beef ragout lasagne served with garlic bread.

**Vegetarian Lasagne (1,3,7,9,12) (V) €12.00**

Wholesome vegetarian lasagne served with garlic bread.

## **Pizza**

*Thin crust pizza base*

**Margherita (1,7) (V) €10.00**

Tomato, cheese and oregano.

**American Hot (1,7,12) €12.50**

Tomato, cheese, salami, sausage, mushroom and jalapeno.

**Hawaiian Pizza (1,7) €12.50**

Solve the age-old debate! You decide if pineapple belongs on a pizza with ham and oregano.

**Four Cheese Pizza (1,7) (V) €12.00**

A mix of melted cheese with tomato and oregano.

## **Guilty Pleasures**

**Loaded Chilli Nachos (6,7,9) €12.50**

Piled high with our minced beef & three bean chili, cheddar cheese, jalapenos and sour cream.

**Chicken Tandoori Stack (1,3,6,7,12) €12.95**

Marinated breast of chicken stacked with red onions on a herb naan and served with a garlic mayonnaise, mango chutney and side salad.

**Cajun Chicken Goujons (1,3,7,10) €11.50**

Served with French fries and BBQ sauce

## **From the Grill**

**Minute Steak €15.00**

Strips of sirloin steak served with French fries and salad.

**Local White Fish (4) €14.00**

Fish of the day served with Canarian potatoes and Mojo sauce.

## **Side orders**

Portion of Chips (V)	€3.50
Canarian potatoes with Mojo Sauce (V)	€3.95
Garlic Bread and Cheese (1,7) (V)	€4.00
Onion Rings with BBQ Sauce (1,10) (V)	€4.50

## **Deserts**

<b>Hot Chocolate Nut Brownie (1,3,7,8,12)</b>	<b>€7.50</b>
Served warm with vanilla ice cream	
<b>New York Cheesecake (1,3,7)</b>	<b>€7.50</b>
Served with whipped cream	
<b>Apple Pie (1,3,7)</b>	<b>€7.50</b>
Served hot with vanilla ice cream	
<b>Assorted Ice-Cream (3,5,6,7,8)</b>	<b>€6.50</b>

## **Smoothies**

<b>Detox Smoothie</b>	<b>€6.00</b>
Pineapple, spinach, banana, apple, coriander, ginger & lime.	
<b>Berry Heaven Smoothie (7)</b>	<b>€6.00</b>
Mixed forest fruits, Mango and skimmed milk.	
<b>Papaya Sunrise Smoothie</b>	<b>€6.00</b>
Papaya, Pineapple & Mango	

## **Allergen index**

1. Cereal containing gluten such as: wheat, rye, barley, oats, spelt (dinkel wheat), kamut (khorasan wheat or oriental wheat) or their hybrid varieties and derived products.
2. Crustaceans and products containing crustaceans.
3. Eggs and products containing eggs.
4. Fish and products containing fish.
5. Peanuts and products containing peanuts.
6. Soybean and products containing soybean.
7. Milk and its derivatives (including lactose).
8. Hard shelled nuts, including: almonds, hazelnuts, cashew nuts, pecan nuts, Brazil nuts, pistachio nuts, macadamia nuts, Australian nuts and derived products.
9. Celery and derivative products.
10. Mustard and its derivatives.
11. Sesame seeds and their derivatives.
12. Sulphur dioxide and sulphites in concentrations above 10mg/kg or 10mg/ litre in terms of total SO<sub>2</sub>, for products ready for consumption or reconstituted products according to the instructions of the manufacturer.
13. White lupin and lupin based products.
14. Shellfish and shellfish based.