

HOUSE OF *lunch*

BY KARROT & KO

**FREE
DELIVERY**

ON ORDERS OVER €25

FOR ENQUIRIES AND ORDERS

CALL ON **2752 7768** OR

EMAIL **HUNGRY@KARROTANDKO.COM**

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WRAPS & BAGUETTES

Chicken & Cheese

€3.50

Tender Steamed Chicken Breast, Cheddar Cheese, Coleslaw and a dash of Mayo.

Chicken & Bacon

€3.50

Tender Steamed Chicken Breast, Grilled Bacon, Coleslaw and a dash of Mayo.

Chicken Caesar

€3.80

Tender Steamed Chicken Breast, Shavings of Grana, Lettuce and our own Caesar Dressing and hand cut lettuce.

Chicken Shawarma

€4.00

Chicken Thighs marinated in a tomato Paste and our own Shawarma spices and wrapped with a chick pea bulgur wheat.

Spicy tuna Wrap

€4.50

With tuna, home-made spicy kimchi, cucumber, spicy mayo and wrapped with rice.

Also available in Wholemeal for an additional 50c.

All Prices are excl

Honey Curry Chicken

€4.00

Tender steamed chicken, coleslaw and our house made Honey Curry Salsa.

Tandoori Chicken Wrap

€4.50

(Not available as a baguette)

Chicken thighs cooked in our own house made tandoori spice rub, yogurt and a light cream to keep it moist, all wrapped with rice.

Aromatic Duck Wrap

€5.00

Slow Roasted Aromatic Duck, with hoisin sauce, spring onions and cucumber.

Mediterranean Vegan Wrap

€4.00

House made hummus, beetroots, lettuce and roasted shaved almonds and olive oil.

Greek Salad Wrap

€4.00

With a house made hummus, feta cheese, lettuce, olives and a yogurt dressing.

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CIABATTA

Rustica

€4.50

Ciabatta smothered in a basil pesto, steam roasted chicken, fresh mozzarella and tomatoes

Breaded Chicken

€4.30

Buttermilk and house made breadcrumbs breaded chicken, lettuce, tomatoes and mayo.

Philly Cheese Steak

€4.80

Sautéed Beef, onions and smothered with a house made provolone Cheese Sauce.

The Roast Pork

€4.80

Thinly sliced slow roasted pork, sautéed garlic spinach, provolone cheese and gravy.

FTIRA

Maltese Ftira

€2.50

Local Ftira Bread with Kunserva (Tomato Paste), olives, capers, butter beans, Tuna Chunks, lettuce, olive oil and fresh mint.

Egg & Bacon Ftira

€3.00

Fried Local Egg, Grilled Bacon, Butter, coleslaw and a dash of Mayo.

Crispy Ftira

€3.50

Grilled Minute Steak, Fried Local egg, butter and our famous Karrot© Sautéed Onio

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PIADINI FLAT BREAD

Chilli con Carne Slow cooked mild beef chilli with shredded cheese, peppers and spring onions and topped with sour cream	€4.50	Brisket Piadina 12 hour slow cooked beef brisket in our own smoky dry rub and topped with our own BBQ sauce and white and red slaw.	€4.50
Pizza Salami Pepperoni, fresh Tomatoes, Mozzarella & Oregano	€3.80	Breakfast With fried egg, bacon, tomatoes, hash browns and melted cheese.	€4.00
Caprese Basil Pesto, Fresh tomatoes & Fresh Mozzarella	€3.80	Tandoori Piadina Chicken marinated in our own tandoori spice mixture with peppers and topped with yogurt	€4.50
Breaded Chicken Buttermilk and house made breadcrumbs breaded chicken escalope, tomatoes, cheese and a dollop of sour cream	€4.00	Grilled Veg. Piadina (Vegan) Seasonal Grilled veg on a base of hummus with rucola and tomatoes	€3.80
Pulled Pork Piadina 12 hour slow cooked smoky pork shoulder in our own dry rub, topped with house made BBQ and White and red slaw	€4.50		

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FOCACCIA

Provolone €4.50

Sautéed Spinach, mushrooms and provolone cheese.

Mediterranean €4.50

Feta cheese, Sun Dried Tomatoes & Rucola

Breakfast €4.80

Sausages, Bacon, Onions, hash browns & cream Cheese

Funghi, Prosciutto & Mozzarella €4.50

Sautéed Mushrooms, Prosciutto and shredded mozzarella.

Chicken Rosemary focaccia €4.50

Tender Steamed chicken with a touch of sour cream, onions, fresh basil, chilli, mayo, set in a rosemary Focaccia.

Also available in Wholemeal for an additional 40c.

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SANDWICHES

Ham & Cheese €1.30

Butter, Ham & Cheddar Cheese

Klassik Karrot Klub Sandwich €4.50

Three layers of Bread with tender steamed chicken, grilled bacon, fried egg, lettuce, coleslaw and a touch of Mayo(served toasted)

Mushroom Klub Sandwich €4.50

Three layered sandwich with sautéed mushroom, bacon, slaw and mayo.

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SALADS

Chicken Caesar Salad

€6.50

Grilled chicken Breast on a base of Lettuce tossed in our in-house made Caesar Dressing, Shavings of Grana Cheese, tomatoes & grilled Bacon and puff croutons.

Breaded Chicken Salad

€6.50

With house made breaded chicken, bulgur wheat, mixed greens, tomatoes, almonds and a honey mustard dressing.

The Ocean Catch

€6.50

Tuna Chunks on a base of mixed greens, Tomatoes, Capers, Olives, French Beans, cucumber, Boiled potatoes, Boiled Eggs and a vinaigrette dressing.

Feta & Beetroot salad

€6.20

Mixed greens with lettuce and rucola, crumbled feta cheese, beetroot chunks, tomatoes and shaved almonds with an olive oil dressing.

Grilled Veg Couscous (V)

€4.50

Quinoa (Seasonal Variety) (V)

€5.50

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