

# HOUSE OF Lunch

## BY KARROT & KO

## SALADS

**CHICKEN CAESAR SALAD** €8.00  
Steam Roasted Chicken Breast on a base of Lettuce tossed in our in-house made Caesar Dressing, Shavings of Grana Cheese, tomatoes, grilled Bacon and house made herbed croutons.

**BREADED CHICKEN SALAD** €8.00  
With breaded chicken, bulgur wheat, mixed greens, tomatoes, almonds and a honey mustard dressing.

**SPICY TUNA SALAD** €7.80  
With tuna, rice, cucumber, spring onions, mixed greens, Kale, shredded karrots, spicy Sriracha mayo, toasted sesame seeds and Avocados.

**CHILI SWEET POTATO SALAD BOWL VEGAN** €7.00  
Roasted Sweet potato tossed in Korean chilli, cumin and olive oil, with rice, chick peas, avocados, lettuce and tomatoes. Drizzled with a honey vinaigrette.

**FALAFEL SALAD V.** €7.50  
House made falafel, hummus, mixed greens, coleslaw, tomatoes and bulgur wheat, pickled cucumber and a tahini & yogurt dressing.

**BURRATA SALAD V.** €7.80  
With Confit Cherry Tomatoes, rucola, lettuce, fresh basil, fresh tomatoes, Burrata & Balsamic dressing.

**HALOUMI SALAD V.** €7.80  
House-tossed Haloumi in toasted Sesame seeds, on a bed of mixed greens, kale, fresh tomato, and cucumber & topped with honey.

**BREADED ĠBEJNA SALAD V.** €7.80  
House breaded Gbejna set on mixed greens, tomatoes, sun dried tomatoes, kale, radicchio & topped with Cranberry Compote.

## WRAPS

**CHICKEN & CHEESE** €5.50  
House Steam Roasted Chicken, cream cheese & Shredded edam cheese, coleslaw and mayo.

**CHICKEN & BACON** €5.50  
House steam roasted Chicken, Grilled Bacon, Coleslaw and Mayo.

**CHICKEN CAESAR** €5.50  
House Steam Roasted Chicken, Shavings of Grana, Lettuce and our own garlicy Caesar Dressing.

**SPICY TUNA WRAP** €6.00  
With tuna, rice, cucumber, spring onions, spicy Sriracha mayo, toasted sesame seeds and Avocados.

**HONEY CURRIED CHICKEN** €5.50  
House steam roasted chicken, coleslaw and our house-made mayo curry salsa with honey.

**AROMATIC DUCK WRAP** €6.80  
Slow Roasted Aromatic Duck, with hoisin sauce, spring onions, cucumber and rice.

**CHILI SWEET POTATO WRAP VEGAN** €5.50  
Roasted Sweet potato tossed in Korean chilli, cumin and olive oil, with rice, chickpeas, avocados, lettuce and tomatoes. Drizzled with a honey vinaigrette.

**FALAFEL WRAP V.** €6.00  
Falafel, lettuce, pickled cucumber, tomatoes and a yogurt tahini dressing.

## HOUSE FAMOUS PIADINA

**BREADED CHICKEN** €4.50  
Breaded chicken, tomatoes, cheese and sour cream.

**PEPPERONI** €4.30  
Fresh tomatoes, mozzarella, pepperoni and oregano.

**BREAKFAST** €4.50  
Bacon, fried egg, tomatoes, hash brown, cheese and mayo.

**PARMA RUCOLA** €4.50  
Parma ham, rucola, tomatoes and grana cheese.

**CAPRESE V.** €4.30  
Fresh mozzarella, fresh tomatoes and a basil pesto.

## CIABATTA

**BREADED CHICKEN CIABATTA** € 5.20  
Breaded chicken, lettuce, tomatoes and remoulade base sauce (mayo, capers, olives, onions & lemon juice).

**THE PHILLY** € 6.00  
Slow sauteed beef steak, caramelised onions and topped with a jalapeño Provolone cheese sauce and Mustard.

**SMOKED SALMON CIABATTA** € 6.00  
Wholemeal ciabatta with smoked salmon, lettuce, remoulade sauce and fresh dill.

**SPJANATA** € 5.50  
Spicy salami, olives, cream cheese & lettuce.

**RUSTICA** € 5.50  
House steamed roasted chicken, basil pesto, fresh mozzarella and tomatoes.

**LA MORTADELLA** € 5.50  
Ciabatta, freshly sliced mortadella, Pecorino Romano, olive oil and tomatoes.

**CLASSIC BLT** € 5.00  
With butter, bacon, lettuce, tomatoes and Mayo.

## BAKERY ROLLS

**HAM & CHEESE** €4.00  
Butter, ham, cheese & lettuce.

**SALAMI & CHEESE** €4.50  
Butter, salami Milano, cheese & lettuce.

**PARMA & GRANA** €5.00  
Parma Ham, grana cheese, rucola & Olive Oil.

**TUKEY & CRANBERRY** €5.00  
Turkey deli, Brie, cranberry sauce and lettuce.

**BRIE & ONION** €4.50  
Caramelised Onions, Brie cheese & tomatoes.

**HAM & CHEESE** €4.00  
Butter, ham, cheese & lettuce.

**SALAMI & CHEESE** €4.50  
Butter, salami Milano, cheese & lettuce.

## OPEN FOCACCIAS

**PEPPERONI** €4.50  
Tomato sauce, Mozzarella, Pepperoni salami & Oregano.

**CAPERSE** €4.50  
Tomato sauce, fresh tomatoes, fresh mozzarella & Basil Pesto.

**BREADED CHICKEN** €4.50  
Tomato sauce, Breaded Chicken, tomatoes and sour cream.

**NDUJA** €4.50  
Tomato sauce, mozzarella & Nduja Calabrese (spicy salami).

**CARBONARA** €4.50  
With pecorino cream, Pancetta & Fried Egg.

## SANDWICHES

**HAM & CHEESE TOASTIE** €2.50  
**KARROT KLUB SANDWICH** €5.00  
With house steamed chicken, lettuce, fried egg, bacon and mayo.

**MUSHROOM KLUB SANDWICH** €5.00  
Sauteed mushrooms, cheese, fried egg and Mayo.

**CLASSIC BLT CLUB** €5.00  
Three layers of bread with bacon, lettuce, tomatoes and Mayo.

## BEVERAGES

**COCA COLA (50CL)** €2.00  
**COKE ZERO (50CL)** €2.00  
**FANTA (50CL)** €2.00  
**KINNIE (50CL)** €2.00  
**KINNIE ZEST (50CL)** €2.00  
**DIET KINNIE (50CL)** €2.00  
**SPRITE (50CL)** €2.00  
**SPRITE ZERO (50CL)** €2.00  
**ORANGE SODA (33CL)** €2.00  
**LEMON SODA (33CL)** €2.00  
**STILL WATER (50CL)** €0.80  
**PERRIER (33CL)** €2.00  
**BITTER LEMON (50CL)** €2.00  
**ICE TEA PEACH** €1.80  
**ICE TEA LEMON** €1.80  
**GATORADE ORANGE** €2.00



FOR ORDERS OR DELIVERIES CALL ON 2752 7768 OR EMAIL [HUNGRY@KARROTANDKO.COM](mailto:HUNGRY@KARROTANDKO.COM)

V. Vegetarian All Prices are exclusive of VAT

