

# M E N U

## BAKE'S LUNCH

Cooked fresh to order

### IRISH ITALIAN €7.00

Ciabatta with Basil Pesto Mayo with Poached Chicken Breast, Dubliner Cheddar Cheese, Red Onion and Sun Blush Tomatoes - on its own or with Side Salad (€9.50)

**Allergens: 1,3,7,8,9,10,12 (pine nuts)**

### BRIE & BACON €7.00

Served on a Toasted Fuccacia, with Redcurrant Jelly, Brie and Crispy Bacon - have on its own or with side salad (€9.50)

**Allergens: 1,3,7,8,9,10,12**

### CLUB SANDWICH €7.60

Brown or White, 3 Slices of Toasted Bread with a generous amount of Mayo, Lettuce, Tomatoes, Red Onion, Chicken Breast Sliced and Crispy Bacon - with side salad (€10.00)

**Allergens: 1,3,7,8,9,10,12 (Vegetarian Option Available) V**

### CIABATTA V €7.00

With Roasted Veg, Red/Green Pesto with a choice of Mozzarella or Goats Cheese Toasted - on its own or with Side Salad (€9.50)

**Allergens: 1,3,7,8,9,10**

### LOW FAT CHICKEN WRAP €7.00

Filled with Red Pesto, Chicken, Leaves, Roasted Peppers, Courgettes, Carrot Salad - on its own or with side salad (€9.50)

**Allergens: 1,3,8,9,10**

### OPEN SANDWICH

Made using our Homemade Brown Bread topped with a choice of Bake's Ham, Chicken Breast (Poached), Cheese (Dubliner Cheddar), Egg Mayo, Smoked Salmon

Single Toppings no Salad

€ 6.00

With Side Salad

€ 9.50

**Allergens: 1,3,7,8,12**

### B. L. T. €7.00

White or Brown Bread Toasted with Mayo, Crispy Bacon, Leaves and Sliced Tomatoes - on its own or with Side Salad (€9.50)

**Allergens: 1,3,7,8,9,10**

### CIABATTA €7.00

Free Range Egg Mayo with Mixed Leaves, Sliced Tomatoes - have on its own or with side salad (€9.50)

**Allergens: 1,3,7,12**

### CREATE YOUR OWN:

- |                            |               |
|----------------------------|---------------|
| - Poached Chicken          | - Coleslaw    |
| - Bake's Ham               | - Leaves      |
| - Dubliner Cheddar (white) | - Tomato      |
| - Crispy Bacon             | - Red Onion   |
| - Smoked Salmon            | - Roasted Veg |
| - Goats Cheese             | - Egg Mayo    |
| - Brie                     |               |

**Prices start at 2 Filling: € 6.50**

**Additional Fillings: € 1.00**

**Allergens: 1,3,4,7,8,10,11,12**

Bake Café  
132 Tullow Street, Carlow



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## BAKE'S LUNCH

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**SOUP OF THE DAY**  €6.00

*Ask Server, Served with Home Made Seeded Brown Bread*


**Allergens: 1,3,7,8**

**SOUP + SANDWICH DEAL** €9.00

*Soup of the Day with a Sandwich (x2 Fillings)*

**Allergens: 1,3,7,8,10,11,12**

**QUICHES** €7.60

- Leek and Dill with Dubliner Cheddar 

- Bacon, Sausage, Mushroom, Onion, and Tomato with Cheddar Cheese

*Both served with Ballymaloe Relish*

On its Own (Slice)

With Side Salad

€5.00

€10.00

**Allergens: 1,3,7,8,9,10,11,12**

**SALAD PLATTERS** €12.00 - €15.00

*A choice of Chicken, Bake's Ham, Duncannon Salmon, Two Slices of Homemade Brown Bread and a large selection of Salads and Relish*

**Allergens: 1,3,7,8,9,10,11,12**

## SEASONAL SPECIALS AVAILABLE!


*Please see Chalk Board or Ask Server!*

## 14 ALLERGENS

1. Cereals containing gluten - Wheat
2. Crustaceans, e.g. Crabs, Prawns, Lobsters
3. Eggs
4. Fish
5. Peanuts
6. Soybeans
7. Milk
8. Nuts (almonds, hazelnuts, walnuts, cashews, pecan nuts, brazil nuts, pistachio nuts, macademia)
9. Celery
10. Mustard
11. Sesame Seeds
12. Sulphur Dioxide and Sulphites
13. Lupin
14. Molluscs, e.g. Mussels, Oysters, Squid and Snails

**Please advise the staff of any other allergy requirements**

Local Suppliers, Farmers Market, Ballon Free  
Range Eggs, O'Neill's Dry Cure Bacon,  
Duncannon Smoked Salmon

 - Vegetarian

