

# SOPHIE'S

## LUNCH MENU

Ciabatta Bread & Dips (1A,4,10) 6.00 V

### APPETIZERS

Gem Salad, Grilled Chicken,  
Smoked Bacon, Spinach Mayo,  
Parmesan Cheese, Croutons  
(1A,4,10) 13.95 V

Green Asparagus & Avocado  
Salad, Toasted Crushed Pistachios,  
Pecorino Fresco, Lime & Lovage  
(3F,4) 15.00 V

Chilli & Garlic Prawns, Flatbread  
(1A,4,5D,9,13) 14.95

Sophie's Signature Soup,  
Oatmeal Soda Bread & Butter  
(1A,1F,4,9) 8.95

Confit Duck Leg Salad, Sweet Chilli  
& Soya Dressing, Pineapple,  
Pickled Ginger, Roast Almonds  
(3A,10,13) 14.95

### THE MAINS

Chicken, Bacon & Cheese  
Burger, Tomato, Gem, Hot Sauce  
& Fries, Garlic Mayo  
(1A,4,7,9,12,13) 17.95

Irish Beef Burger, Tomato, Bacon  
& Cheese, Chimichurri Mayo &  
Fries (1A,4,7,9,12,13) 18.95

Fresh Casarecce Pasta, Tender  
Summer Beans, Cherry Tomatoes,  
Basil-pistachio Pesto  
(1A,3F,4,7) 24.00 V

BLT On Sourdough, Maple Mayo &  
Fries (1A,4,7,10,12,13) 15.95

Vegetarian Burger, Tomato, Leaves,  
Relish, Slaw Salad & Fries  
(1A,9,13) 16.95 V

Cuban Sandwich, Pork Belly Salami,  
Applewood Cheese, Pickles, Cajun  
Mayo, Sourdough Bread, Fries  
(1A,4,9,12,13) 15.95

Braised Feather Blade,  
Mushrooms, Potatoes, Broccoli,  
Pepper sauce (4,9,13) 23.95

The Dean Fish & Chips, Crushed  
Peas, Tartar, Fries (1A,4,9,12,13) 19.95

### MUST HAVES

Dirty Fries, Hot Sauce & Bacon (4,7,13) 6.00  
Grilled Broccoli & Carrots, Toasted Almond Flakes (3A,4) 6.00    Buttered Baby Potatoes (4) 6.00  
Side Salad, Pesto, Basil Oil (12,13) 6.00

\*V- Can be made Vegan- Please ask for more info

**ALLERGEN:** 1-Gluten (A-Wheat, B-Spelt, C-Khorasan, D-Rye, E-Barley, F-Oats), 2-Peanuts, 3-Nuts (A-Almonds, B-Hazelnuts, C-Cashews, D-Pecans, E-Brazil, F-Pistachio, G-Macedemia, H-Walnut), 4-Milk, 5-Crustaceans (A-Crab, B-Lobster, C-Crayfish, D-Shrimp), 6-Mollusc, 7-Eggs, 8-Fish, 9-Celery, 10-Soya, 11-Sesame Seeds, 12-Mustard, 13-Sulphur Dioxide & Sulphites, 14-Lupin.

All products/dishes are stored, prepared and handled in an environment where food allergens are used. We have implemented controls to reduce the risk of cross contamination but cannot guarantee the absence of allergen transfer. Please see the table above outlining the direct allergens used in our products/dishes. All our Beef is Irish sourced. All our Beef is 100% Irish Origin.

**A DISCRETIONARY 12.5% SERVICE CHARGE WILL BE ADDED TO PARTIES OF 6 OR MORE**

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