



# LUNCH MENU

BAR | BISTRO

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## SANDWICHES, PANINIS & WRAPS

### OPEN CHICKEN SANDWICH

Rocket, coleslaw, chicken breast & Ballymaloe relish served on homemade brown soda bread.

€7.45

Contains: [4] [9] [10]

### CHICKEN CAESAR WRAP

Served with crisp baby gem lettuce, bacon parmesan cheese & classic caesar dressing.

€6.45

Contains: [3] [4] [5] [9]

### SOUP & SANDWICH COMBO

Mini bowl of the soup of the day served with one of our sandwiches

€8.45

Contains: [See server for allergens]

### BLT

Served with crispy bacon, tomatoes, iceberg lettuce & mayonnaise served on toasted McCloskeys bread.

€6.45

Contains: [4] [9] [10]

### HAM & CHEDDAR CHEESE PANINI

With sliced ham, cheddar cheese & diced red onion in a toasted fresh panini.

€6.45

Contains: [3] [4] [9]

## STARTERS

### BRÚ SPICY WINGS

Spicy chicken wings marinated in a secret recipe sauce, with ranch mayo & celery sticks.

€6.25 (LARGE to share €9.95)

Contains: [3] [4] [11]

### SOFT IRISH GOATS CHEESE SALAD

With mixed leaves, diced tomatoes, onions beetroot chutney, topped with candied walnuts & raspberry purée. **C V**

€6.25 (LARGE OPTION €9.95)

Contains: [3] [4] [11] [12]

### CAESAR SALAD

With crisp baby gem lettuce, smoked bacon, parmesan & roast garlic croutons in a classic caesar dressing.

€6.25

Contains: [5] [6] [8] [12]

### DEEP FRIED TIPPERARY BRIE

With cranberry sauce garnished with crisp salad leaves tossed in a honey & mustard vinaigrette. **V**

€6.25

Contains: [3] [4] [9] [12]

### HOMEMADE SOUP OF THE DAY

With fresh homemade baked bread.

\* Please ask your server for gluten free bread.

€4.95 **C GB**

Contains: [See server for allergens]

### GARLIC MUSHROOMS

Deep fried mushrooms in golden breadcrumbs, tossed in a rich garlic butter accompanied with garlic mayo & salad leaves.

€5.95 **V**

Contains: [3] [4] [9] [12]

### JACK DANIELS BBQ WINGS

Crispy chicken wings marinated in a Jack Daniels BBQ sauce, with ranch mayo & celery sticks.

€6.25 (LARGE to share €9.95)

Contains: [3] [11]

## BRÚ-LESS (Slimming World Inspired Menu)

### BRÚ-LESS HOMEMADE TOMATO & ROASTED RED PEPPER SOUP

Served with Be Good Wholemeal bread. **C V**

€4.95 **3** brú-less or heb

Contains: [3] [9] [11]

### BRÚ-LESS CAJUN SALMON

Served with stir fry vegetables & noodles, in a garlic & ginger dressing.

€10.95 **1** brú-less

Contains: [3] [4] [5] [8] [9]

### BRÚ-LESS CHICKEN PENNE ARRIBIATA

Penne pasta in a lightly spiced tomato & basil sauce

€9.95 **2,3** brú-less

Contains: [3] [4] [9] [11] [12]

### BRÚ-LESS BLT

With grilled bacon, tomatoes, iceberg lettuce & light mayo served on Be Good bread.

€5.95 **3** brú-less or heb

Contains: [3] [4] [9]

### BRÚ-LESS CHICKEN CURRY

With sugarsnap, garden peas & mixed peppers in a tomato sauce.

€9.95 **1** brú-less

Contains: [9] [11]

## MAIN COURSE

### BRÚ RUA FISH & CHIPS

Deep fried cod in a crispy Brú Rua beer batter, with home cut skinny chips, tartar sauce & mushy peas.

€10.95

Contains: [3] [4] [5] [9] [12] [14]

### 6oz BEEF BURGER

With emmental cheese, Ballymaloe relish, frizzled onions & baby gem lettuce, served on a toasted brioche bap skinny chips.

€10.95

Contains: [3] [4] [8] [9] [12]

### CAJUN CHICKEN CAESAR SALAD

With crisp baby gem lettuce, smoked bacon, parmesan shavings & roast garlic croutons in a classic caesar dressing.

€9.95

Contains: [3] [4] [5] [9]

### 8oz PRIME SIRLOIN STEAK

Cooked to your liking, granished with homemade breaded onion rings & served with your choice of sauce & side.

€15.95

Contains: [3] [4] [8] [9]

### HOMEMADE BEEF LASAGNE

Layers of mince beef in a tomato & basil sauce topped with crisp cheddar cheese, served with home cut skinny chips, side salad & coleslaw.

€9.95

Contains: [3] [4] [9] [11] [12]

### CHEF'S DISH OF THE DAY

Ask your server for details

€9.95

Contains: See server for additional allergens

### TRADITIONAL BACON & CABBAGE

With creamed potatoes & a white wine parsley sauce. **C**

€8.95

Contains: [3] [11]

### THAI GREEN CHICKEN CURRY

With a creamy coconut sauce infused with lemongrass, fresh chilli, garden peas, sugarsnaps & hints of lime, served with basmati rice & poppadom. (rice & chips add €2)

€9.95

Contains: [5] [6] [11] ([9] with poppadum)

### HONEY & MUSTARD SALMON

Baked salmon, topped with Boyne Valley honey & wholegrain mustard, served with basmati rice & stir fry vegetables. **C**

€10.95

Contains: [3] [5] [6] [8] [11] [12]

### PERI PERI CHICKEN FILLET BURGER

Pan fried peri peri chicken breast with crisp baby gem lettuce; sliced tomatoes & red onions topped with garlic mayo, served on a toasted brioche bap, with home cut skinny chips.

€10.95

Contains: [3] [4] [8] [9]

### PENNE ARRIBIATA

With sauté mixed peppers, courgettes & onions, in a lightly spiced tomato & basil cream sauce, topped with parmesan cheese & served with a garlic bread. **(V optional)** (add breast of chicken €2.50)

€8.95

Contains: [3] [4] [9] [11] [12]

### SLOW BRAISED LAMB SHANK

On a bed of creamed potatoes with roasted root vegetables, in a rich rosemary jus.

€10.95

Contains: [3] [8]

### CHESTNUT MUSHROOM & BABY SPINACH RISOTTO

Sauté Mushrooms, sundried tomatoes, wilted baby spinach & fresh basil in a roast tomato sauce, topped with parmesan cheese. **C**

**(V optional)**

€9.95

Contains: [3] [11]

## HOMEMADE DESSERTS - €4.50 EACH

### BRÚ CHEESECAKE OF THE DAY

A luxurious cream cheese filling of the day, on a biscuit base - ask your server for details

Contains: [See server for allergens]

### TOFFEE SUNDAE

With vanilla & honeycomb ice-cream, crumbed biscuit, toffee sauce, topped with fresh cream & biscoff biscuit.

Contains: [3] [4] [9]

### CHOCOLATE BROWNIE

Warm chocolate brownie served with vanilla ice-cream, topped with a luxurious chocolate sauce. **C**

Contains: [3] [4]

### TOFFEE & HAZELNUT MERINGUE ROULADE

Soft meringue filled with a rich toffee & hazelnut filling garnished with toffee sauce. **C**

Contains: [2] [3] [4]

### WARM APPLE PIE

Sugar coated apples in sweet pastry served with crème anglaise & vanilla ice-cream.

Contains: [3] [4] [9]

### BRÚ-LESS CHOCOLATE MOUSSE

A luxurious chocolate mousse topped with fromage frais. **C 3** brú-less

Contains: [3] [4]

## SIDE ORDERS - €3.50 EACH

### CREAMED POTATOES

Contains: [3]

### SKINNY CHIPS

### SWEET POTATO FRIES

Contains: [11]

### BABY BOILED POTATOES

Contains: [3]

### BREADED ONION RINGS

Contains: [3] [4] [9]

### SEASONAL VEGETABLES

Contains: [3]

### BASMATI RICE

### MIXED LEAF SALAD

Contains: [12]

## TEAS & COFFEES

CAPPUCCINO	€3.10
AMERICANO	€2.80
FLAT WHITE	€2.90
ESPRESSO	€2.20
DOUBLE ESPRESSO	€2.60
HOT CHOCOLATE WITH CREAM & MARSHMALLOWS	€3.10
LATTÉ	€2.90
MOCHA	€3.10
TEA / HERBAL TEAS	€2.20
IRISH / BAILEYS COFFEE	€6.95

**P** WE OFFER 2 HOURS PARKING FREE IN THE HAYMARKET CARPARK WHEN YOU EAT WITH US. \*ASK A MEMBER OF STAFF FOR DETAILS.

**BRÚ IS A WI-FI ENABLED ZONE.** \*ASK A MEMBER OF STAFF FOR THE CODE

#### ALLERGY INFORMATION \*(ASK YOUR SERVER FOR ANY DIETARY REQUIREMENTS)

[1] PEANUTS	[5] FISH	[9] CEREALS CONTAINING GLUTEN	[13] LUPIN
[2] NUTS	[6] CRUSTACEANS	[10] SESAME SEEDS	[14] SULPHUR DIOXIDE / SULPHITES
[3] MILK (DAIRY)	[7] MOLLUSCS	[11] CELERY / CELERIAC	
[4] EGGS	[8] SOYA	[12] MUSTARD	

**C** \*COELIAC FRIENDLY

**V** \*VEGETARIAN FRIENDLY

**GB** \*GLUTEN FREE BREAD AVAILABLE

Please be aware we cannot split bills on groups of 8 or more.

All of our beef is of Irish origin. All of our Chicken, Pork & Beef are locally sourced from Tony Kierans, Tom Lynch & Gahan Meats.