



MORNING TEA FROM 10AM

Variety of homemade

Fruit Scones €1.80

Pastries €2.50

Cakes & Desserts from €4.50

LUNCH 12 NOON - 5PM

Soup of the Day - Served with brown bread €4.50

Rowan Tree Roasted Red Pepper & Tomato Soup - Served with brown bread (V) (C) €5.00

Fish Cake - Served with seasonal salad and house dressing €6.50

Bruschetta Classica - Toasted ciabatta topped with tomatoes, garlic and fresh basil served with seasonal salad (V) €5.50

Caesar Salad - Baby gem lettuce, garlic croutons, parmesan shavings & our own Caesar dressing (V) (C) €5.95 with smoked bacon & grilled chicken (C) add €2.00

Insalata di Tonno - Tuna, rocket, on a bed of mixed leaves and cherry tomatoes, drizzled with balsamic dressing and house dressing (C) €6.95

Rowan Tree Frittata - Italian-style quiche with sun-dried tomatoes, rocket, spinach and feta cheese, served with seasonal leaves and fries or wedges (V) (C) €9.95

Grilled Goats Cheese - Bluebell Falls honey & garlic goats cheese, roasted cherry tomatoes & rocket, drizzled with house dressing & basil pesto (V) (N) (C) €7.95

Greek Salad - Seasonal salad leaves with black olives, cucumber, sun-dried tomatoes, crumbled feta cheese and house dressing €7.95

Warm Garlic Mushrooms - Breaded mushrooms stuffed with garlic cream cheese, served on a bed of seasonal salad leaves and garlic aioli dip (V) €6.25

Antipasto Misto - Selection of Italian meats, cheese and roasted Mediterranean vegetables (C) €11.95

Antipasto Vegetariano - Selection of cheeses and roasted Mediterranean vegetables (V) (C) €10.95

Home-made Beef or Vegetarian Lasagne - Served with side salad and a choice of fries or wedges €8.95 (Veg) / €9.95 (Beef)

Spaghetti alla Genovese – Spaghetti with green beans, semi sundried tomatoes, pine nuts & homemade basil pesto €9.95 (C) **NEW**

Penne alla Contadina - Penne pasta served with roasted Mediterranean vegetables infused in a garlic and cream sauce (V) €7.95 with grilled chicken add €2.00

Penne with Chorizo - Penne pasta with spicy chorizo & a chilli & garlic tomato sauce €9.95 (C) **NEW**

Penne alla Gamberetti della tigre - Penne pasta & grilled tiger prawns infused in a spicy tomato & chilli sauce with fresh basil (chilli optional) (C) €9.95

Tagliatelle Carbonara - Tagliatelle with mushroom and onions, smoked bacon, cream, black pepper and parmesan cheese €9.95

Spaghetti Bolognese - Home-made bolognese served on a bed of spaghetti and freshly-grated parmesan cheese €9.95

PIZZAS

Margherita - Classic Italian pizza; combination of fresh tomatoes, mozzarella, basil and oregano (V) €9.95

Pollo Verdure - Torn chicken breast with roasted Mediterranean vegetables, tomato sauce, mozzarella cheese, drizzled with fresh basil pesto (N) €11.95

Americano - Classic margherita topped with pepperoni €10.95

Formaggio di Capra - Tomato and mozzarella with goats cheese, pine nuts and fresh basil pesto (V) (N) €11.95

Optional extras - jalapenos, olives, fresh chillis, sun-blushed tomatoes

Extra veg €1.00/ extra meat €2.00

SANDWICHES AND WRAPS

Marinated Chicken Strips - With lettuce, garlic mayonnaise, spring onion and cheddar cheese in a plain or tomato wrap €6.95

Focaccia Bread - With parma ham, mozzarella cheese, beef tomato and rocket, drizzled in olive oil €7.95

Caprese Ciabatta - Toasted ciabatta with buffalo mozzarella, beef tomato, lettuce and pesto €7.95

Toasted Ciabatta - Topped with smoked chicken, sundried tomato pesto and grilled mozzarella (jalepeno's optional) €7.95 **NEW**

Tuna Melt - Toasted ciabatta with sun-dried tomato pesto, tuna, mayonnaise and grilled mozzarella €6.95

Ciabatta Misto - Toasted ciabatta with salami, pepperoni, sun-blushed tomato, mozzarella, lettuce and basil pesto €7.95

Piadina – Italian flat bread with crumbed ham, rocket & roasted red pepper relish €6.95 **NEW**

Made fresh each morning therefore ingredients/combinations cannot be changed. All served with seasonal salad.

SIDES

Insalata Mista (house salad) €2.95

Chips €2.50

Wedges €2.50

Garlic bread €2.95, with cheese €3.50

BAMBINI - LITTLE ONES

Kids Soup €2.00

Spaghetti with meatballs in tomato sauce (C) €5.00

Spaghetti Bolognese €5.00

Kiddies pizza - Margherita or Pepperoni €5.00

Tagliatelle Carbonara €5.00

Penne Pasta with a choice of home-made tomato sauce, butter, parmesan or chicken €5.00

Selection of ice-cream €3.00

Bambinocino - A little cup of hot milk and chocolate - like a cappuccino without the coffee €1.50

DESSERTS

Tiramisu €5.95

Warm Double Chocolate and Nut Brownie (N) €5.95

Apple and Berry Crumble - Served with Crème Anglaise €5.50

Toblerone Cheesecake €5.95

Home-made Carrot Cake €5.95

Selection of Linnalla Ice Cream - Fresh Irish ice cream produced in the heart of the Burren (ask your waiter for today's flavours) (C) €5.25

Our desserts are homemade and served with fresh whipped crème Chantilly

Our dishes are prepared fresh daily on the premises by head chef Bobby O'Donoghue and his team.

Our food is sourced locally where possible; our beef and chicken is 100% produced in Ireland and is fully traceable.

(V) Vegetarian

(N) Contains nuts or nut oils. Any dish not carrying this symbol is made without nuts but there's always a possibility that traces of nuts may be found. Also, please watch out for olive stones

(C) Denotes coeliac-friendly dishes; gluten-free pasta is available on request. There's always the possibility that traces of gluten may be found as it is not a certified gluten free kitchen

If you're sensitive or allergic to any of our ingredients, please check with your waiter.

We'd love to hear your thoughts, so ask our staff for a feedback form or send an email to info@rowantreecafebar.ie