

The Courtyard Café Menu

Salads

Thai Crunchy Salad & Peanut Dressing €6.50

Spinach, Red Pepper, Shredded Slaw, Shredded Carrot, Cucumber, Chopped Mangetout, Red Onion, Chopped Coriander

Choice of Meats/Fish: Turkey Breast, Chicken Breast, Baked Ham, Smoked Salmon, Tuna

Dressing: Peanut Dressing

Cal: 70.5g / Fat: 4.5g / Saturated Fat: 0.5g / Carbs: 7g / Sugar: 4.25g / Protein: 1.75g

Quinoa & Avocado Salad with Spicy Green Dressing €7.00

Mixed Leaves, Quinoa, Avocado, Sweetcorn, Cherry Tomatoes, Cucumber, Beans, Cilantro

Choice of Meats/Fish: Turkey Breast, Chicken Breast, Baked Ham, Smoked Salmon, Tuna

Dressing: Spicy Green Dressing

Cal: 104.5 / Fat: 5.5g / Carbs: 8.8g / Sugars: 0g / Protein 4.8g

Courtyard Caesar Salad with Yogurt Tahini Dressing €6.50

Baby Gem Lettuce, Chicken Breast, Bacon Strips, Garlic Croutons, Parmesan Cheese, Black Pepper

Dressing: Yogurt Tahini Dressing

Cal: 96g / Carbs: 4g / Fat 5g / Sugars 5g / Protein 5g

Goats Cheese & Beetroot Salad with Vinaigrette Dressing. €6.50

Mixed Leaves, Goats Cheese, Beetroot, Shredded Carrot, Cucumber, Cherry Tomatoes, Red Pepper, Pumpkin Seeds

Choice of Meats/Fish: Turkey Breast, Chicken Breast, Baked Ham, Smoked Salmon, Tuna

Dressing: Vinaigrette Dressing

The Courtyard Café
Birr Castle Gardens and Science Centre, Birr, Co. Offaly, Ireland, R42 V027
Reception T: + 353 (0)57 9120336 E: reception@birrcastle.com
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Menu

Sandwiches

Grilled Soda Bread Sandwich €6.00

Sweet Soda Bread, Irish Turkey Breast, Baked Ham,
Smoked Gubeen Cheese, Irish Country Relish, Red Onion, Sweetcorn,
accompanied with a House Salad

Open Smoked Salmon Sandwich €7.00

Homemade Brown Bread, Wrights of Marino Smoked Salmon,
Smoked Paprika Mayo, Mixed Leaves, Mixed Peppers, Red Onion,
Cucumber & Capers, accompanied with a House Salad

Chicken Ciabatta Sandwich €6.00

Ciabatta Bread, Irish Chicken Breast, Irish Bacon, Cranberry Sauce,
Brie Cheese, Tomato & Red Onion

Veggie Wrap €6.00

White Wrap, Goats Cheese, Yogurt Tahini Dressing, Avocado, Beetroot,
Mixed Leaves, Shredded Slaw, Sweet Corn, Cucumber

Kids Menu

Pork Sausage Roll €3.50

Ham & Cheese Toasties €3.00

Pasta Bowl, Tomato/Cheese €3.50

Various Fruits €1.00

Supporting Irish & Local Food Producers
Home Cooked Irish Poultry used in our Deli

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