



**Green Light Cafe**  
A TIME WELL SPENT

# Lunch

## All Day Breakfast Panini €9

Crispy bacon, sausage, black pudding, Portobello mushroom & cracked black pepper mayo  
(1 (wheat), 3, 7)

## Green Light BLT Bagel € 9

Bacon, lettuce, tomato, & chive cream cheese  
(1 (wheat), 3, 7, 11)

## Chilli Chicken Wrap €9

Tender chicken pieces, cashew nuts, gem leaves, sweet chilli mayo, spinach wrap  
(1(wheat), 3, 7, 8(cashew), 12)

## Baked Tuna Melt €9

Tuna, sweetcorn, mayo, Irish cheddar on toasted ciabatta bread  
(1 (wheat), 3, 4, 7)

## Caprese & Cured Ham Focaccia €9

Cured ham, mozzarella, & tomato  
(1 (wheat), 3, 7)

## Toasted Ham & Cheese €8

Honey baked ham, mature Irish cheddar, & house relish on bloomer bread  
(1 (wheat), 3, 7, 10, 12, 13)

## Chicken Tikka Panini €9

Chicken tikka & baby spinach  
(1 (wheat), 3, 7)

## Warm Beef €12

Black Angus beef, rocket, tomato, horseradish & garlic aioli  
(1 (wheat), 3, 7, 10, 12, 13)

## Smoked Salmon & Crab €14

Irish smoked salmon, lime spiked crab, pickled slaw, on brown soda bread  
(1(wheat), 2, 3, 4, 7, 10, 12, 13, 14)

## Chicken Roll €12

Buttermilk fried chicken, buffalo hot sauce, ranch dressing, baby gem lettuce, pickled slaw  
(1 (wheat), 3, 7, 10, 12, 13)

## Green Light Club €12

Chicken, crispy bacon, egg, baby gem, tomato & black pepper mayo, on ciabatta  
(1 (wheat), 3, 7, 10, 12)

## Caesar Salad €9

Baby gem, crispy bacon, parmesan cheese, croutons & Caesar dressing

## Add chicken for €4

(1 (wheat), 3, 4, 7, 10, 12)

Ask your server about our  
selection of salads &  
homemade sausage rolls

## Açaí Bowls

(Add Extra Toppings +60c each)

### Greenlight Sunrise €8.95

Banana, blueberry,  
strawberry, granola,  
honey

### Greenlight Dream €9.95

Strawberry, banana,  
hazelnut chocolate,  
coconut, granola

### Greenlight Supreme €10.95

Banana, raspberry,  
blueberry, peanut butter,  
chocolate, granola,  
chocolate chips





## Allergens

- |                                    |              |                  |                      |
|------------------------------------|--------------|------------------|----------------------|
| • 1 Cereals<br>(Containing Gluten) | • 4 Fish     | • 8 Nuts         | • 12 Sulphur Dioxide |
| • 2 Crustacean                     | • 5 Peanut   | • 9 Celery       | • 13 Lupin           |
| • 3 Egg                            | • 6 Soybeans | • 10 Mustard     | • 14 Mollusc         |
|                                    | • 7 Milk     | • 11 Sesame Seed |                      |