



Lunch

Soup of the day served with homemade multi – seed brown bread	€6.00
Toasted Sandwich	€7.60
Honey Baked Ham, sliced tomato, onion and grated cheese	
The Floury Apron Hot Sandwich	€8.40
Toasted chicken and basil pesto ciabatta	€8.40
Sliced chicken, basil and walnut pesto, buffalo mozzarella and sundried tomato on a toasted ciabatta with mixed leaves and homemade cucumber pickle	
Coronation Chicken	€7.60
Curried chicken with mixed leaves and pickled cucumber on white or brown doorstep, in a wrap or open on homemade multi seeded brown bread	
Vegetarian Focaccia	€7.60
Homemade basil+walnut pesto, roast veg and Ardsallagh goats cheese focaccia toasted served with mixed leaves and cucumber pickle	
<i>Add cup of soup to any sandwich</i>	€2.00
<i>All sandwiches served with mixed leaves and homemade cucumber pickle</i>	
Frittata (GF)	€6.40
A crustless quiche with a variety of fillings, served with mixed leaves and homemade cucumber pickle	
The “Floury Apron” sausage roll	€6.40
Gubbeen Chorizo sausage roll served with mixed leaves, homemade cucumber pickle and homemade tomato relish	
The “Clonakilty Black Pudding” Sausage Roll	€6.40
Clonakilty Black Pudding sausage roll served with mixed leaves, homemade cucumber pickle and homemade tomato relish	
Vegetarian Chickpea Roll	€6.40
Chickpea, sweet potato, feta and red onion wrapped in puff pastry served with mixed leaves and homemade cucumber pickle	
Salad Plate	€7.60
Choice of three salads from our daily specials	
Add Protein: Chicken or Ham	€2.80
<u>Kids Menu:</u>	
Cup of Soup with homemade multi – seed brown bread	€3.00
Ham and Cheese Sandwich	€3.00
Chicken Salad Sandwich	€3.00

