

# AGAINST THE GRAIN

## SANDWICH MENU

SERVED MONDAY – FRIDAY  
12pm - 4 pm

**BUTTERMILK CHICKEN WRAP** ..... 10.<sup>00</sup>  
Buttermilk marinated fried chicken fillet, beef tomato, baby gem, and sweet chilli mayo on a tortilla wrap. 1(wheat),3,6,7,12

**GRILLED CHICKEN CLUB** ..... 11.<sup>00</sup>  
Cajun marinated grilled chicken fillet, beef tomato, baby gem, crispy bacon, fried egg on toasted ciabatta. 1(wheat),3,6,12

**FALAFEL WRAP** ..... 10.<sup>00</sup>  
Falafel with garlic yoghurt, baby gem, tomato, served in a tortilla wrap. 1(wheat),6,7,11

**HAM AND CHEESE TOASTIE** ..... 9.<sup>50</sup>  
Straight up toasted Irish ham and Cheese, on pan bread. 1(wheat),6,7

**All Sambos served  
with crisps**

**Add Mini Soup or  
Fries for 2<sup>25</sup>**

### DIETARY ADVICE

- |                |             |           |                     |              |
|----------------|-------------|-----------|---------------------|--------------|
| 1. Gluten      | 4. Fish     | 7. Milk   | 10. Mustard         | 13. Molluscs |
| 2. Crustaceans | 5. Peanuts  | 8. Nuts   | 11. Sesame Seeds    | 14. Lupin    |
| 3. Eggs        | 6. Soybeans | 9. Celery | 12. Sulphur Dioxide |              |