

# STARTERS

**Soup of the Day (V)..... €6.95**  
Hearty homemade Soup with Guinness Brown Bread  
(G, E, M, Cel, N) (gluten free on request)

**Panko Crusted Portobello Mushrooms (V).....€9.95**  
stuffed with Applewood Cheddar served with Rocket &  
Garlic Mayo (G, M, E)

**Old Barracks Thai Style Fish Cakes. .Starter:€9.95 / Main:€17.95**  
served with house pickled Vegetables, sweet Chilli Sauce  
& crispy Nori (G, F, E, M)

# SALADS

**Buttermilk Chicken & Blue Cheese Salad.....€15.95**  
With crisp Iceberg, baby Gem, Cherry Tomatoes, Jalapeno, toasted  
Sesame Seeds, honeyed Walnuts, Garlic Croutons & a creamy blue  
Cheese & Habanero Honey dressing (G, M, Se, N) (grilled Chicken available)

**Halloumi Bang Bang Salad (V).....€15.95**  
Grilled Halloumi with marinated Chickpeas, brown Rice,  
Pickles, roasted Sweet Potato, Greens & a sweet Bang Bang dressing  
garnished with sweet Potato Crisps & toasted Peanuts (M, N, E)

**Bang Bang Chicken Buddha Bowl.....€15.95**  
Grilled spiced Chicken with marinated Chickpeas, brown Rice,  
Pickles, roasted Sweet Potato, Greens, & a sweet Bang Bang dressing  
garnished with sweet Potato Crisps & toasted Peanuts (N, E)

**ALL SALADS ARE AVAILABLE GLUTEN FREE**  
Please ask your server

# GOURMET SANDWICHES

All gourmet sandwiches available on gluten free bread

**Old Barracks Angus Steak Sandwich.....€18.95**  
Open 6oz Brady's Steak sandwich on Ciabatta with Garlic Mayo,  
creamy Mushrooms, crispy Onion rings, Fresh Rocket, Harvey's  
Pepper Sauce & House Fries (G, M, E) (gluten free on request)

**BBQ Pulled Pork Bao Bun.....€15**  
Bao Bun filled with pulled Pork, pickled Cabbage & Siracha  
Mayonnaise served with Fries OR cup of Soup (E, G, So)

**Toasted Goats cheese & Roast Veg Wrap..... €15**  
With Goats cheese, roasted Veg, Basil Pesto & sundried Tomato  
served with sweet Potato Fries (G, N, M)

# STUDENT CORNER

ONLY STUDENTS IN UNIFORM MAY ORDER FROM THIS MENU,  
AVAILABLE MON-FRI

## Chicken Goujon Wrap

Golden Chicken pieces  
with crunchy Cos Lettuce,  
Cheese & Sweet Chili  
served with House Fries  
(G, M, E, Su)

## Crunchy Chicken Tenders

Breaded Chicken Tenders  
served with Garlic Mayo  
House Fries  
(G, M, E, Su)

## Student Pasta of the Day

topped with Parmesan,  
served with Garlic  
& Herb Crostini

**ONLY €12 EACH**

