

LUNCH

Please place your orders at the till. Thank you!

Gluten free bread is available on all of our menu choices.

Daily Specials at Olive

Our specials change daily to keep you all interested, so please **check out our blackboards** behind the till area to see what's on the menu today.

- ★ **Hot Roll of the day €7.95**
(see Black Board)
- ★ **Sandwich or Toastie of the day(see Black Board)**
- ★ **Homemade soup of the day €4.00**
- ★ **Soup and bread €4.50**

SALAD BOWLS



EVERY SALAD BOWL includes Cos lettuce, seasonal leaves, shredded red cabbage, tomatoes, cucumber, thinly sliced red onion, shredded carrot, Happy Pear sprouted beans.

CHOOSE YOUR DRESSING

- 1/Basil and lime dressing (SP)
- 2/French dressing (SP,MD)
- 3/House balsamic (SP,MD)
- 4/Caesar dressing (E,MD,MK,F)

OPTIONS

- 1/ Chargrilled free range chicken (CY) €10
- 2/ BBQ chicken and grilled red peppers (CY) €10
- 3/ Tuna, capers, boiled egg and Kalamata Olive (E,F) €10
- 4/ Falafel, Kimchi and hummus and harissa chickpea (S,S) ▼ €9
- 5/ Feta, black olive and grilled peppers (MK) ▼ €9
- 6/ Tamari tofu, Kimchi and seeds (SS,S) ▼ €9
- 7/ Choose your 3 favourites from our salads board ▼ €9
- 8/ Choose single salad portion (from board) ▼ €4.50
- Add chargrilled chicken to any salad (CY) €2.50
- Add Avocado to any salad €1.25
- Slice of Sourdough bread €0.90

Gluten (G) Crustaceans (CT) Eggs (E) Fish (F) Molluscs (MO)
Soybeans (SB) Peanuts (P) Nuts (N) Milk (MK) Celery (CY)
Mustard (M) Sesame Seeds (SS) Sulphites (S) Lupin (L) ▼ Vegetarian



GRILLED WRAPS



○ Gluten Free Wraps available

- 1/ **FALAFEL AND HUMMUS** - organic falafel house hummus, cos lettuce, Filligans chilli jam and Happy Pear sprouted beans. (SS,G) ▼ €7.75
- 2/ **TAMARI TOFU** lightly grilled wrap with tamari Marinated tofu, wasabi mayo, cos lettuce, shredded red cabbage, grated carrot and spring onion. (SS,MD,G,S,E) ▼ €7.75
- 3/ **TUNA MELT WRAP** - House Tuna mix (capers, spring onion, lime juice, black pepper, dash of chilli sauce, mayo) mature Irish cheddar, chilli jam. (F,G,M) €7.75
- 4/ **SATAY CHICKEN** - house chargrilled free range chicken in a homemade satay sauce, crisp cos lettuce and sprouted beans. (G,P,CY,SS) €7.75
- 5/ **BBQ CHICKEN** - House chargrilled free range chicken in a BBQ marinade with cos lettuce, grilled peppers, red onions. (CY,G) €7.75
- 6/ **CHICKEN BURRITO** Spicy chargrilled chicken served with salsa, cheddar cheese, sour cream, grilled peppers and cos lettuce. (G,MK,CY) €7.75

SANDWICHES



CHOOSE TARTINE BAKERY

- * COUNTRY WHITE SOURDOUGH,
- * RYE SOURDOUGH
- * CIABATTA

- 1/ **HOUSE FREE-RANGE CHARGRILLED CHICKEN** with rocket leaves, grilled red pepper, red onions, Filligans chilli jam, mayo (G,CY,E) €6.95
- 2/ **AVOCADO BLT** Mc Carthy's Bacon, smashed avocado fresh tomato, crisp leaves and mayo (G,E) €6.95
- 3/ **OLIVE PLOUGHMAN** Mature Irish cheddar, baked ham, crisp leaves, sliced red onion, fresh tomato, mayo and caramelised onion chutney (MK,G,E) €6.95
- 4/ **SRIRACHA EGG MAYO** With cos lettuce, spring onion and sriracha mayo (MK,G,E) ▼ €6.95
- 5/ **TUNA SALAD** House Tuna mix (capers, spring onion, lime juice, black pepper, dash of chilli sauce, mayo) cos lettuce, spring onions, tomato and cucumber (F,G,E) €6.95
- 6/ **THE VEGAN** House hummus, black olive tapenade, red onion, tomato, cos lettuce, cucumber and chilli jam (G,SS) ▼ €6.95

SOURDOUGH TOASTIES



CHOOSE TARTINE BAKERY

- * COUNTRY WHITE SOURDOUGH,
- * RYE SOURDOUGH

- 1/ **GUBBEEN CHORIZO** (MK,G,E) €6.50
cheddar, red onion and filligans chilli jam
- 2/ **TUNA MELT** (MK,F,G,E) €6.50
House Tuna mix (capers, spring onion, lime juice, black pepper, dash of chilli sauce, mayo) cheddar and chilli jam
- 3/ **TRADITIONAL** (MK,G) €6.50
Ham and cheddar
- 4/ **Emmenthal** (MK,G,MD,SP) ▼ €6.50
Pickle, hot yellow mustard
- 5/ **MUSHROOM AND CHEDDAR** (MK,G,SP) ▼ €6.50
With caramelised onion chutney
- 6/ **MC CARTHYS BACON AND CHEDDAR** (MK,G,SP) €6.50
with tomato relish

GRILLED PANINI



- 1/ **Blue Parma** (MK,G,SP) €7.50
Thinly sliced Parma ham, Cashel Blue cheese, rocket leaves and caramelised onion chutney
- 2/ **Parma** (MK,G) €7.50
Thinly sliced Parma ham, grated Parmesan cheese, reduced balsamic and rocket leaves
- 3/ **Chevre** (MK,G,N) ▼ €6.95
Fivemiletown Creamery goats cheese, roasted red peppers and homemade basil pesto
- 4/ **Jalapeno Melt** (MK,G,SP) ▼ €6.95
Cheddar, jalapeno peppers, onions, chipotle paste
- 5/ **Vegetariano** (MK,G,N) ▼ €6.95
Fresh mozzarella, Basil pesto, fresh tomato and rocket
- 6/ **Traditional** (MK,G) €6.95
Traditional Baked ham and mature Irish cheddar
- 7/ **BBQ Pollo** (MK,G,CY) €7.50
Chargrilled chicken in a BBQ sauce, grilled peppers and mozzarella
- 8/ **Volcano** (MK,G,SP) €6.95
Ventricina salami, emmental, red onions and sriracha sauce

DELI SELECTION



- Deli Plate – ideal for sharing!**
Selection of cured meats, cheeses, olives, grapes, chutney, crackers and bread (MK,G,SP) €12.95*
Olive Deli cheese platter (MK,G) ▼ €10.95*
West Cork Paté with grilled Arbutus sourdough bread and cranberry sauce (SP,G) €6.95
Thick cut of Tuscan salami, Mature Cashel Blue cheese, pickled gherkins with sourdough toast (MK,G,SP) €7.25

Perfect with a beer from our craft beer selection
*Our cheese may contain raw milk

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COFFEES



All of our regular coffees are made with a double shot of Palombini coffee

Single espresso.....	€2.00
Double espresso.....	€2.60
Single macchiato.....	€2.00
Double macchiato.....	€2.60
Americanosmall €2.40	regular €2.70
Lattesmall €2.60	regular €3.00
Cappuccino ...small €2.60	regular €3.00
Single shot cappuccino	€2.70
Single shot latte	€2.70
Single shot Americano	€2.40
Mochasmall €2.75	regular €3.25
Hot chocolate ..small €2.75	regular €3.25
Vanilla chai	regular €3.00
Spicy chai	regular €3.00
Baby chino	60c
Soya option	30c extra
Almond Milk option	30c extra
Shot of vanilla, hazelnut, caramel	30c extra
Extra shot of espresso	60c
*Iced Vanilla Latte	€3.00
*Mocha Frappe	€3.50
*Vanilla Frappe	€3.50

TEAS



Wall and Keogh Loose Leaf Teas

Cup	€2.25
Pot for 1	€2.95
Pot for 2	€4.00
Camomile blend	
Green Sencha	
Rooibos Sundance	
Hot Pear	
South Of France	
Moroccan Mint	
Organic Mint	
Irish breakfast	
Cup of regular tea	€2.10

COLD DRINKS



Cans San Pellegrino Limonata (Orange, lemon, blood orange, grapefruit)	€2.20
Pink Lemonade Lorina	€2.50
Bottles San Pellegrino water Sparkling or Still	€2.20
Large bottle to share	€3.50
Coke, diet coke, sprite	€2.50
Innocent Smoothies	€2.00
Coconut water 330ml.....	€2.50
Coconut water 500ml.....	€3.99

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DESSERTS



Please see our pastry fridge or ask your server for today's selection of sweet treats

SMOOTHIES



Freshly made

Protein shake Almond milk, almond butter, protein, bananas, dates, cinnamon	€4.50
Coco shake coconut water, banana, strawberry, blueberries, chia seeds, honey	€4.50
Energiser Banana, Kiwi, strawberries and fresh orange juice	€3.75
Kale Super smoothie Kale, spinach leaves, pineapple, fresh pressed apple juice, lime juice, chia seeds	€3.75
Green goddess Baby spinach leaves, fresh lime juice, banana and fresh prssed apple juice	€3.75
Freshly Squeezed Orange Juice Or Pressed apple juice	€2.75

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PROVENANCE

**All of our baked products are baked by Orla Mc Mahon, Skerries, Le Patisserie and in house.*

**Wine from Red Island wine, Skerries.*

** Free range chicken, Beef, Pork from Aidan O'Brien's, Skerries.*

**Bacon – Mc Carthys of Kanturk*

** Cheese- Sheridans Cheesemongers*

** Ham – Vincent Ryan Co Meath*

** Chorizo- Gubbeen Smokehouse, Co Cork*

** Tuna – Ortiz line caught tuna*

**Eggs – Achmor Free Range eggs, Balcuunin Skerries*

**Vegetables – Mc Cormacks fruit and veg, Rush*

** Pate – On the Pigs back, Cork English Market*

**We chargrill our free range chicken inhouse.*

**We slow roast our pulled pork over night.*

**Sourdough bread – Arbutus Bakery, Cork*

** Olives- Real Olive Company, English Market, Cork.*

**We also use Mic's Chilli sauce and our chutneys and mustards are made by Hella Toolan, Rush and Filligans, Donegal.*

**Coffee Palombini, Italy.*

