**Jack B’s Lounge Menu**

**Soup of the Day €8** **(2 wheat,7,14****)**

Made daily and served with homemade brown bread.

**Sligo Seafood Chowder €12** **(1, 2 wheat,5,7,14)**

Tender morsels of fish bound in a light seafood velouté with Guinness Bread

**Peruvian spiced chicken wrap €15** **(2 wheat, 4)**

Spiced chicken, rocket, roasted red peppers, lime mayo, sweet potato fries

**Open Smoked Salmon & Prawn €16 (2 wheat, 3,4,5,7,14)**

Smoked Salmon and Boston Prawn on homemade Guinness Bread

**The Park Triple Decker Club €16** **(2 wheat,7,14)**

Chicken, Bacon, Cheese, Lettuce, Tomato with Garlic mayo and Fries

**Sweet Potato and Chickpea Wrap €15 (2 wheat,7,14)**

Honey roasted sweet potatoes, chickpeas, rocket, harissa yogurt

**The Park summer Budha bowl €19 (14)**

Toasted quinoa, watermelon, Baby spinach, red pepper hummus, edamame, carrot ribbons, pickled cucumber, burnt lemon

**Sandwich with choice of filling €8 (2 wheat,4, 5, 7, 9, 14)**

Fillings include ham, chicken, tuna, cheese, salad, lettuce, onion, tomato & cucumber