

Jack B's Bar Lounge Menu  
Mon-sat 12pm-3pm

**Soup of the Day €8**

Served with Soda bread  
(2 wheat, 7, 14)

**Sligo Seafood Chowder €13**

A medley of fresh fish in a light  
seafood velouté, with homemade  
Guinness bread  
(1, 2 wheat, 5, 7, 14)

**Free Range Irish Egg & Cress €13**

Served on homemade Guinness  
bread (2 wheat, 4, 7, 14)

**Cajun Spiced Chicken Wrap €15**

Cajun chicken, rocket, roasted red  
peppers, mango & lime mayonnaise,  
served with sweet potato fries  
(2 wheat, 4)

**Smoked Salmon & Chive Cream  
Cheese Bagel €14**

Atlantic smoked salmon on toasted  
bagel  
(2 wheat, 3, 4, 5, 7, 14)

**Soup of the day and sandwich  
combo with 3 fillings €13.95**

(2 wheat, 4, 5, 7, 9, 14)

**Triple Decker Chicken Club €16**

Grilled Chicken & Bacon, lettuce,  
tomato with garlic mayo served with  
fries (2 wheat,4,7,14)

**"The Park" Sharing Mezze Board €17**

Toasted Focaccia, Deep Fried Brie,  
Feta, Hummus, Pesto, Olives & Sun-  
Dried Tomatoes  
(2 wheat,14)

**Sweet Chili Salmon Salad €16.50**

Kale, rocket, cucumber, pomegranate  
& pickled fennel  
(5,14)

**Goats Cheese and Sun Dried tomato  
tartlet €13.50**

Ballymaloe relish and rocket salad  
(4,7,14)

**Sandwich Selection €8**

Freshly Made Sandwich  
Choice of fillings: ham, chicken, tuna,  
cheese, salad, lettuce, onion, tomato,  
and cucumber  
(2 wheat, 4, 5, 7, 9, 14)

1 celery, 2 cereals containing gluten, 3 crustaceans, 4 egg, 5 fish, 6  
lupin,7dairy, 8 molluscs,  
9 mustard, 10 tree nuts, 11 peanuts, 12 sesame seeds, 13 soya, 14  
sulphites