

# Café Sol, Kilkenny 056-776 4987

## lunch menu 12 noon to 5.30pm

since everything is cooked to order, during busy periods we appreciate your patience.

If you have any special dietary requirements, allergies, etc., please inform your server immediately.

### vegetarian

**three cheese salad** (v),  
crisp leaves, water biscuits, plum and mango chutney,  
redcurrant berries 10.95

**warm pecan, vegetable & hazelnut roast** (v),  
red onion marmalade, balsamic reduction 9.95

**buffalo mozzarella** (v) confit tomato and basil  
leaf salad, raspberry vinaigrette 8.95

**toscana salad** (v) melon,  
toasted sunflower seeds, roquette, mixed leaves 8.95  
with dry cured serrano style ham 10.50

**seasonal soup** with brown bread (v) 5.50

**vegetarian panini** (v)  
with monterey jack cheese, roast bell pepper  
and basil pesto, side salad 8.95

**vegetarian pitta** (v)  
confit tomato, black olive, bok choy, basil, café sol  
mayonnaise dressing, side salad 8.95

**papardelle pasta** (v)  
red chilli, bok choy, coriander leaves, lightly confit  
tomatoes, parmesan 10.95

### meat salad

**chicken caesar salad**,  
cos lettuce, chargrilled chicken, wholemeal  
croutons, parmesan shavings, anchovy dressing 10.95

### pitta, panini & sandwich

(choice of breads: homemade brown or fennel & tomato, baguette, plain white or gluten free)

**chicken tortilla wrap**, lightly gingered  
vegetables, coriander dressing, side salad 8.95

**spicy chicken in warm pitta bread**  
café sol mayonnaise dressing, side salad 9.95

**louisiana style chicken breast panini**  
cajun seasoning, melted cheddar & red onion,  
side salad 9.50

**open chargrilled chicken sandwich**  
irish chicken breast with bell peppers and sweet  
dressing served with a mixed leaf salad 9.50

**soup and sandwich combo** add 2.50

(v) = suitable for vegetarians

many dishes can be prepared gluten or dairy free since everything in our kitchen is made to order. dishes may be served plain if desired. please ask your server.

### fish

**pan seared salmon** fine egg noodles, button  
mushrooms, sweet chilli, balsamic dressing 12.50

**café sol fishcakes**  
with a sweet chilli and coriander mayonnaise,  
served with a crisp leaf salad 11.95

**pan fried fillet of goatsbridge trout**,  
toasted savoury cous cous, bell pepper salsa,  
port reduction 12.50

**pan seared fillet of plaice**, spring onion  
creamed potato, parmesan shavings, basil pesto 12.95

### grills and stirfry

**pan seared 6oz kilkenny rib-eye steak**,  
red onion marmalade, roquette leaves, roasting jus 14.95

**lightly spiced prime kilkenny beef stirfry**  
butter beans, soya and fine noodles 12.95

**pan fried lightly spiced lavistown sausage**  
with colcannon, confit tomato, carrots, roasting jus 12.50

**chicken stirfry**, mange tout, chilli,  
fine egg noodles, oyster dressing 12.95

**special of the day** market  
please ask your server

### side orders

plain or garlic potatoes, stir fried veg or salad 2.95

### desserts

available all day : all 5.50

**very chocolatey  
brownie**, chocolate  
sauce

**chocolate broken  
biscuit cake**  
with fruit coulis

**warm fruit crumble**  
with whipped cream

**yogurt fru fru**  
fresh fruits topped with  
natural yogurt and nut  
ganache, drizzled with  
honey

**lemon tart**  
fruit coulis,  
whipped cream

**ice cream selection**

### scones and cookies

**fruit scone**, butter & home-made raspberry jam 2.95

**carol's choc-chip cookies** 1.95

**jane's shortbread biscuits** 1.65

no service charge.

gratuities at your discretion are shared among staff.