

## Meals

### Crispy Chicken Goujons

On a bed of Crunchy Leaves with Coleslaw & Chips.  
€10.90

### Italian Lasagne

An Italian favourite, topped with Melted Cheese served with side salad of Lettuce, Coleslaw & Chips.  
€11.40

### Tribes R.M.B.

Real Meat Burger from the English Market served with Tomato, Onion, Lettuce, Coleslaw, Cheese, Relish & Chips. **Hey! Add Bacon. 80c**  
€11.20

### Steak Sandwich

Shredded Steak on Ciabatta, served with Garlic Mayo, Lettuce, Mushrooms, Onion & Chips.  
€10.50

### Philly Cheese Steak

Shredded Steak served in a Bap mixed with Melted Cheese, Onion, Sweet Chilli & Garlic Mayo with Curly Twisters.  
€10.20

### Wraps

10" Wrap filled with Sweetcorn, Cheese, Mayo & Lettuce served with side Salad of Lettuce, Coleslaw & Curly Twisters

**Filling:** Chicken - Ham - Tuna - Egg

**Sauces:** See bottom of Page

€10.90

### Omelette

Light, fluffy Omelette served with Curly Twisters with Garnish on the side.

**Cheddalicious:** (V) Cheese, Onion & Tomato

**BLT:** Bacon, Cheese Tomato, Mushrooms & Onions

**Fisherman's:** (V) - Flaked Tuna with Red Onions & Cheese. €8.90

### Hot Toasted Pittas

Packed with Tomato, Coleslaw, Lettuce, Cheese, Served with Curly Twisters & Garnish.

You choose **YOUR** filling

**Poultry:** Chicken

**Porky:** Grilled Crisp Bacon & Egg

**Veggie:** (V) As above with Mixed Peppers €8.90

**Greek:** Feta with Olives & Sundried Tomatoes €9.20

**Sauces:** Garlic Mayo, Cajun, BBQ, Relish, Sweet Chilli, Honey & Mustard, Dijon Mustard.

## Salads

### Cardini Chicken Salad

Marinated Tandoori Chicken served Warm with Baby Cos Lettuce, French Dressing, Bacon, Egg & Curly Twisters. €10.20

### Tower of Tuna Salad

Tuna mixed with Chives, Red Onion, Classic French Dressing, layered with Crepes. topped off with Marie Rose Sauce & Green Salad. €9.50

### Greek Salad

Feta Cheese, Olives, Sundried Tomatoes served on a bed of Lettuce, drizzled with Olive Oil & Ciabatta on the side. €9.80

## Light Meals

### Tribes Classic Melts

Served on a Toasted Floury Bap with a mix of Onions, Peppers, Mayo, Melted Cheddar & Mozzarella Cheese Mix:

**Choice:** Chicken - Tuna - Veg €8.20

### Pizza

Toasted Ciabatta Bread with Relish, mixed Peppers, Mushrooms, Onions, Sweetcorn & Melted Cheese. **Choice:** Chicken/ Ham/ Tuna €9.80

### Tribes Club

Tower of Pezo Bread with Crispy Bacon, Chicken, Mayo, Tomato & Lettuce. €9.50

### Goujons Special

Crispy Goujons in a Toasted Bap with Mayo, Lettuce, Coleslaw & Sprinkle of mixed Cheese. €8.90

### BLT Special

Crispy Bacon, Lettuce, Tomato & Mayo served in a Toasted Floury Bap. €8.20

### Hot Chicken

Arrabbiata Spiced Chicken with Tomato & Mixed Herbs, Mayo, Coleslaw, Lettuce all served in a Toasted Floury Bap. €8.20

### Chicken Dijon

Roasted Chicken with whole grain & Dijon Mustard, Mayo, Tomato & Mixed Leaves all served in a Toasted Floury Bap. €8.20

### Hawaiian Delight

Toasted 6" Floury Bap with Honey Roasted Ham topped with Pineapple Chunks melted mix of Cheddar & Mozzarella. €8.20

## Light Meals

**Soup Du Jour** - Homemade Soup Served with  
Brown Bread. €4.50

### Toasties

Pezo Bread White or Brown with Butter.

**Choose:** Ham Cheese, Onion & Tomato.

Chicken, Cheese, Onion & Tomato.

Cheese Onion & Tomato.

Ham or Chicken & Cheese.

Tuna, Cheddar & Mozzarella Mix. €7.50

### Sandwiches

Fresh White / Brown Bread with Butter, Lettuce,  
Onion, Tomato, Coleslaw & Mayo.

**Choose:** Chicken/ Ham / Bacon/ Egg/ Tuna/ Cheese  
€5.00

### Not Sold As Single Items

Chips/Curly Twisters €1.50

Add Cheese Or Add Garlic Mayo Add 30c

Garlic Bread €3.50

Cheesy Garlic Bread €3.80

Side Salad €3.50

## Desserts

Banoffi pie with Cream

\* Death by Chocolate

Cheesecake Lemon/Strawberry

\* Apple Pie €6.00

\* Chocolate Brownie

\* Muffins Blueberry/Chocolate €4.20

\* **SERVED WARM WITH CREAM** \*

## Shared Desserts

**A Dessert For One:** Tea/Coffee. €7.50

**A Dessert For Two:** Tea/Coffee x 2. €8.50

Cappuccino/Latte/ Hot Chocolate add 50c

## Scone Special

A Warm Fresh Toasted Scone served with  
Butter, Jam & Cream.

Tea/House Coffee €4.50

Cappuccino/Latte/Hot Chocolate add 50c

## Drinks

### Freshly Ground Coffee

House Coffee €2.50

Americano €2.50

Cappuccino/Double Cappuccino €3.00/3.30

Cafe Latte €3.00

Cafe Mocha €3.30

Espresso Single/Double €1.80/€2.20

### Add a Flavour

Chocolate, Caramel, Almond, Hazelnut, Coconut,  
Vanilla. Add 60c

### Specialist Coffee

French, Italian, Java, Brazil, Columbian, Mysore,  
Decaf. €2.50

### Tea Chest

House Tea - Barrys' of Course! €2.50

Decaf Tea or Earl Grey. €2.50

### Fruit Teas

Cammomile & Spiced Apple, Lemon & Ginger, Apple  
& Mango, Apple & Cinnamon,  
Raspberry, Strawberry & Loganberry,  
Blackcurrant. €2.50

### Herbal Teas

Cammomile, Peppermint, Jasmine, Green Tea, Nettle.  
€2.50

### Hot Chocolate

Served with cream, Marshmallows & Sprinkles. €3.30

### Try a flavour:

Mint, Orange, Caramel Or Try another Flavour. Add  
60c

### Beers/Wines

Wine by Glass/Bottle from: €4.75/€19.00

Bottled Beers from: €4.70

### Cold Drinks

Soft Drinks: Coke, Diet Coke, Club Orange, 7Up, Diet  
7 Up, Lilt.

Water: Ballygowan Still, Sparkling.

Juices: Apple, Tropical, Orange, Pineapple.

Milk (Try A Flavour)

€2.30

## TRIBES SPECIAL DINNER Menu €20.00

Main Course,  
A Starter **OR** Dessert  
Tea/Coffee  
A Half a bottle of a wine  
(Red, Rose or White – You Choose!)

### Starters

**Warm Brie:** served on warm toasted ciabatta topped with red jelly.

**Prawn Cocktail:** Your Classic Prawn Cocktail with Marie-Rose Sauce.

**Goujons Strips:** served on a bed of lettuce with a sauce of your own choice on the side.

**Greek Salad:** Feta Cheese, Olives, Sundried Tomatoes served on a bed of Lettuce with Olive Oil.

**Deville Eggs:** Egg stuffed with a mix of Yoke, Mustard & Paprika. Give it a try!

**Garlic Bread:** Hot Ciabatta with melted garlic butter. Add Cheese if you wish.

### Mains

#### Steak:

A mouth watering steak cooked to your preference, served with chips, onions, mushrooms and a large hearty portion of Chips.

#### Tribes Tall Burger:

A Real Meat Burger from the English Market served with Bacon, Tomato, Onion, Lettuce, Coleslaw, Cheese, Relish & Chips.

#### Philly Cheese Steak:

Shredded Steak mixed with Melted Cheese, Onion, Sweet Chilli sauce & Garlic Mayo served on a Bap with Curly Twisters on the side.

#### Italian Lasagne:

An Italian favourite and its good! Topped with Melted Cheese, served with side salad, Coleslaw & Chips.

#### Crispy Chicken Goujons:

Served on a bed of Crunchy Leaves with Coleslaw & Chips.

#### Cardini Chicken Salad

Warm Marinated Tandoori Chicken sitting on a bed of Lettuce with Bacon & Egg, drizzled with French Dressing & Curly Twisters on the side.

#### Tower of Tuna Salad

Tuna mixed with Chives, Red Onion, Classic French Dressing, layered with Crepes. topped off with Marie Rose Sauce & Green Salad.

#### Greek Salad

Feta Cheese, Olives, Sundried Tomatoes served on a bed of Lettuce drizzled with Olive Oil.

### Desserts

Banoffi pie with Cream

\* Death by Chocolate

Cheesecake Lemon/Strawberry

\* Apple Pie

\* Chocolate Brownie

\* Muffins Blueberry/Chocolate

\* **SERVED WARM WITH CREAM** \*

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## Scone Special

A Warm Fresh Toasted Scone served with  
Butter, Jam & Cream.

Tea/House Coffee €4.50

Cappuccino/Latte/Hot Chocolate add 50c

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## Lunch Special

A Bowl of Homemade Soup of the Day  
with Brown Bread.

Half a Sandwich – see selection on menu

Tea/House Coffee

€6.50

Cappuccino/Latte/Hot Chocolate add 50c

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## Wine & Beers Listings

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