

SANDWICHES

Our sandwiches are piled high with choice from first cut deli meats and cheese and include lettuce, tomato, sweet red onion, chicken Breast, chunky ham, mayonnaise, mild mustard or honey mustard on whole wheat, white or homemade gluten free, spelt breads.

TOASTED

Cheese toastie €2.75 **GF** **V** extra 50c each

Any meat toastie €3.00 **GF** extra 50c

Any meat up to 3 fillings make up your own €3.75 **GF** extra 50c

CHAPTER ONE SANDWICHES €3.75 **GF** extra 50c

Turkey breast, Melted Brie cheese, Bacon and cranberry sauce on your choice of bread.

WRAPS

(Each Wrap Served With A Side Salad)

DR EVA WRAP €6.95 **V** extra 50c

Wholemeal wrap w/ red onion marmalade, roasted vegetables, and feta cheese chunks toasted to perfection.

PULLED PORK WRAP €8.25

Toasted wrap filled with BBQ sauce, succulent pulled pork, and special homemade apple coleslaw.

NEW ORLENS WRAP €8.25

Toasted wrap w/ red onion marmalade, smoked chicken, sun dreid tomatoes, rocket, feta cheese chunks and finished off with a sprinkle of fresh parmesean.

QUESADILLA - TOASTED WRAP €8.25

Salsa, chicken strips, mozzarella & cheddar, jalapeno peppers, sweet red onion served with side salad, sour cream and Cajun mayo.

GARLIC BREAD **GF** **V** extra 50c each

Plain €2.50

With cheese €3.50

NACHOS

Plain €6.95 **GF** **V** extra 50c each

With meat €7.95 **GF** extra 50c

HOMEMADE SOUPS

Served with a variety of breads €3.95 **GF** **V** extra 50c each

BAKERY

See today's selection

Cupcakes €2.25

Muffins €3.50

Scones €1.80

Brownies €3.95 **GF**

Cookies €1.75

Sticky toffee pudding €3.75

Croissant €2.95

Home made apple crumble €3.75

Carrot cake €3.75

Chocolate fudge cake €3.75

All desserts are served with fresh fruit & whipped cream

COFFEE HOUSE

Cappuccino €2.40

Latte €2.30

Mocha €2.40

Caramel macchiato €2.50

Espresso €1.80

Americano €2.00

Hot chocolate topped with marshmallows €2.40

Milk €1.80

Bottled water €1.80

Cans €1.80

Try soya milk in your latte or cappuccino

TEA INFUSIONS: Earl Grey, Wild Berry, Peppermint, Green, Green Tea & Lemon, Gunpowder & Mango, Rooibos & Caramel, Camomile, Ceylon Black Decaf. €2.40

Selection of red or white wine is available to serve in Chapter One.

SEE OUR FOLDER FOR ALLERGEN INFORMATION

PLEASE SEE BLACKBOARD FOR OUR DAILY SPECIALS

All our food is freshly prepared each day. We use only the finest ingredients including Irish meat & poultry, fresh vegetables & herbs and combine them with creativity, skill and most importantly our passion for cooking.

GIFT CERTIFICATES AVAILABLE

Visit us on the web www.chapterone.ie

Internet Access available

Follow us on Facebook, Instagram and Twitter

Chapter One

CAFE

Menu

Chapter One Menu

Our mission is simple: serve delicious affordable, healthy food in a comfortable atmosphere where guests will want to return week after week


BAGELS

Our bagels are imported directly from New York, they are genuine articles. Our bagels are nutritious and delicious; they are made from the finest ingredients and have no fat or cholesterol.

To our coeliac friends:

Please feel free to inform a member of our team if you are coeliac and would wish to avail of our special selection of our gluten free choices.

- Homemade spelt bread
- Homemade gluten free bread
- Gluten free bagels

 Vegetarian  Gluten Free  Dairy Free

NASHVILLE BAGEL €6.25 extra 50c

Crispy bacon topped with melted brie cheese with a red onion marmalade.

BLT €4.95 extra 50c

Crispy bacon, Iceberg lettuce, cherry tomato with mayonnaise.

CLT €4.95 extra 50c

Chicken strips, Iceberg lettuce, cherry tomato with mayonnaise.

SMOKED TURKEY €6.25 extra 50c

Smoked turkey breast, crispy bacon, smoked gouda cheese iceberg lettuce, cherry tomatoes, mayonnaise, home made basil & pesto.

THE LONE RANGER €5.95 extra 50c

Chicken strips, crispy bacon, sweet red onion rings, iceberg lettuce with mayonnaise & bbq sauce.

TUNA MELT €6.50 extra 50c

Chunky Tuna, roasted peppers, sweet red onion rings, melted cheddar & mozzarella & mayonnaise.

All DAY BREAKFAST BAGEL €5.75

Crispy bacon, grilled sausage, melted cheddar & mozzarella with a choice of tomato ketchup or brown sauce .

CAESER BAGEL €5.95 extra 50c

Chicken strips, crispy bacon, sweet red onion rings, sliced tomato with iceberg lettuce and caeser dressing.

BERMUDA BAGEL €5.75 extra 50c

Crispy bacon, melted cheddar & Mozzarella, cream cheese and chive with guacamole.

BANGKOK BAGEL €5.75 extra 50c

Cajun chicken, sweet red onion rings, sliced tomato, iceberg lettuce with mayonnaise.

SMOKED SALMON €5.50 extra 50c

Smoked salmon and cream cheese.

ALABAMA €5.95 extra 50c

Sweet chilli chicken strips with crispy bacon, iceberg lettuce and mayonnaise.

RED ALERT €5.95 extra 50c

Chicken strips, sweet red onion rings, melted cheddar & mozzarella, sour cream & chives with a spicy sauce and iceberg lettuce.

TEX MEX €5.95 extra 50c

Chicken strips, sweet red onion rings, melted cheddar & mozzarella with ballymaloe country relish.

CUBAN €6.25 extra 50c

Chicken strips, guacamole, melted brie cheese and mayonnaise.

ITALIAN BAGEL €5.75 extra 50c

Chicken strips with melted cheddar & Mozzarella, iceberg lettuce & home made basil and pesto.

PIZZA BAGELS

HAWAIIAN €5.95 extra 50c

Marinara sauce, chunky ham, pineapple, melted cheddar & mozzarella.

PEPPERONI PIZZA €5.50 extra 50c

Marinara sauce & pepperoni slices with melted cheddar & mozzarella.


Marinara sauce & melted cheddar €5.25

extra 50c each

Marinara sauce & melted cheddar & 1 meat €5.50

 extra 50c

Marinara sauce & melted cheddar & 2 meat

toppings €5.95  extra 50c

VEGETARIAN OPTIONS

GREEK BAGEL €5.95 extra 50c each

Sun blushed tomatoes with melted feta cheese, sweet red onion rings , black olives, mayonnaise, with home made basil & pesto.

MED DELIGHT €6.95 extra 50c each

Sun dried tomatoes with roasted peppers, sweet red onion rings, melted cheddar & mozzarella, mayonnaise, home made basil & pesto on open brown bread.

VEGETARIAN WRAP €6.95 extra 50c

Sun blushed tomatoes, roasted peppers, sweet red onion rings, black olives, melted cheddar & mozzarella, mayonnaise & home made basil & pesto sauce served with a side salad.

RUSTIC CHARM €6.95 extra 50c each

White crusty toasted bread with mayonnaise, homemade basil & pesto, melted brie cheese, aubergine, peppers, sun dried tomatoes served with side salad.

VEGETARIAN DREAM €5.75 extra 50c each

Roasted peppers, sweet red onion rings, sliced tomato, melted cheddar & mozzarella, iceberg lettuce, mayonnaise & home made basil & pesto sauce.


OR TRY OUR BAGEL

With butter €1.85   extra 50c each

With butter & jam €1.95   extra 50c each

With cream cheese €3.00   extra 50c each

With cream cheese & chive €3.50   extra 50c each

With cream cheese & bacon €3.75  extra 50c

All options available on:

- Flatbreads
- Wraps

FRESH SALADS

CHAPTER ONE SALAD €8.25

Big base of green salad (mixed leaves, spinach, rocket) chicken strips, crispy bacon bits, chunky ham, sweet red onion rings , mixed peppers, black olives, grated cheddar & mozzarella with chapter one dressing.

WARM CHICKEN CAESER SALAD €7.95

Romaine lettuce, chicken strips, crispy bacon bits, Romaine lettuce, chicken strips, crispy bacon bits, sweet onion rings, cherry tomatoes topped with crispy croutons & a sprinkle of fresh parmesan cheese with caeser dressing.
{Yum Yum Chicken and bacon bits heated}

CAESER SALAD €6.50

Romaine lettuce, sweet red onion rings, cherry tomatoes with crispy croutons & a sprinkle of fresh parmesan cheese with caeser dressing.

TOSSED SALAD €6.25

Big base of green salad (mixed leaves, spinach, rocket) sweet red onion rings, sweetcorn, black olives, mixed peppers, grated cheddar & mozzarella, cherry tomatoes with chapter one dressing.

BANGKOK SALAD €7.75

Big base of green salad (mixed leaves , spinach , rocket), finely chopped peppers, sweet red onion rings , chunky pineapple, Cajun chicken breast, cherry tomatoes & sour cream.

BOSTON SALAD (HOT) €8.25

Romaine lettuce, chunky ham, crispy bacon bits, sweet red onion rings, grated cheddar & mozzarella, BBQ sauce & French dressing.

GREEK SALAD €7.75

Big base of greens salad (mixed leaves, spinach, rocket) black olives, sundries tomatoes, sweet red onion rings, chunks of fete cheese, with a drizzle of pesto or balsamic vinger.

*You can book a table
or order by phone: 04943-73488*