




Sandwiches

(all garnished with salad)

(also available on thick sliced bread, wraps, bagels, ciabatta, foccacia. Wheat/gluten free options available)


TUNA MELT:  CALORIE COUNT: 581cal PRICE: €6.70
Tuna, Swiss cheese, lite mayo, on a crusty maize ciabatta.

TUNA SALAD:  460cal €6.70
Tuna, crunchy mixed lettuce, peppers, tomatoes, spring onion and cucumber, lite mayo, in a wrap.


EGG PARMESAN:  587cal €6.70
Egg mayo, crunchy celery & lettuce, tomatoes, spring onion, and parmesan shavings on a crusty multi seed ciabatta.

ULTIMATE CHICKEN: 616cal €6.95
Chargrilled chicken, roasted red pepper hummus, rocket with lite mayo on a crusty multi seed ciabatta.

CHICKEN WITH STYLE: 511cal €6.95
Chargrilled chicken, Swiss cheese, Hobarts fresh basil pesto & lite mayo on a herb foccacia.

MEDITERRANEAN:  327cal €6.95
Sundried tomatoes, roasted peppers & courgette, feta cheese, rocket, Hobarts fresh basil pesto & lite mayo on a herb foccacia.



GOURMET VEGGIE:  CALORIE COUNT: 437cal PRICE: €6.95
Roasted red pepper hummus, goat's cheese & spinach on a crusty multi seed ciabatta.

HOBIE PHILY STEAK: 670cal €6.95
Phily steak with grilled onions, peppers, grated cheddar cheese with mustard mayo on a crusty maize ciabatta.

BBQ STEAK: 550cal €6.95
Phily steak with grilled onions, mushrooms, grated cheddar cheese with BBQ sauce all in a toasted wrap.

BLT: 744cal €6.10
A triple decker with hot crispy bacon, juicy tomatoes, crunchy mixed lettuce with a little lite mayo.

CHICKEN CLUB: 812cal €6.30
A triple decker with chargrilled chicken, hot crispy bacon, juicy tomatoes, grated cheddar cheese, crunchy mixed lettuce with a little lite mayo.

TOASTED SPECIAL: 424cal €4.95
Toasted doorstep bread with ham, grated cheddar cheese, juicy tomatoes & diced red onion.

Hobarts Homemade

Soup of the Day... 75/100cal €3.95

Served with homemade brown bread



Meat Free



Gluten Free



Dairy Free



The Small Café with the **BIG** personality

Hobarts

"...home of the hangover cure."

55, Ranelagh Village, Ranelagh, Dublin 6,

01 491 0189

Opening Hours: 8am - 4pm, Mon to Sun

Austerity Pleasures...

Great New Lunch Deals Lite on the Pocket

1 **Lunch Deal**
(served with a regular tea / coffee or mineral)
Soup of the Day  or
CLT (cheese, lettuce, tomato)  or
Toasted Special **€5**

2 **Lunch Deal**
(served with soup or side salad)
Tuna Salad Sandwich  or
Egg Parmesan Sandwich  or
Gourmet Veggie Sandwich  **€7**

3 **Lunch Deal**
(served with tea / coffee or mineral)
Chicken Ceaser Salad or
Brunch Burger  or
Veggie Noodle Stir Fry Noodle  **€9**

The Salad Bowl

HOBARTS CLASSIC:   CALORIE COUNT PRICE
501cal €7.95

Goats cheese, broccoli, celery, toasted pine nuts, chick peas, crunchy mixed lettuce, Hobart's fresh basil pesto, served in a tortilla bowl.

WARM CHICKEN SALAD:  579cal €8.50

Warm chargrilled chicken, crispy bacon pieces on a bed of crispy lettuce with toasted pine nuts diced peppers, tomatoes, cucumber, spring onion and potato pieces drizzled with Hobart's homemade French dressing.

MEDITERRANEAN SALAD:   673cal €7.95

Crunchy mixed lettuce, sundried tomatoes roasted peppers & courgette, feta cheese with toasted pine nuts, potato pieces, black olives, drizzled with Hobart's fresh basil pesto.

CHICKEN CAESAR: 579cal €7.95

Warm chargrilled chicken, on a bed of crispy lettuce, parmesan shavings and drizzled with caesar dressing served in a tortilla bowl.

HOBARTS SCHOONER:   339cal €7.95

Tuna fish on a bed of crunchy mixed lettuce, peppers, tomatoes, cucumber, spring onion, feta cheese, black olives, hard boiled egg, and drizzled with piri piri sauce.

HOBARTS FAJITA SALAD: 6.35cal €8.50

Chili beef, crispy lettuce, diced peppers, tomatoes, spring onion, sweet corn, cheddar cheese, chick peas with a fresh tomato salsa and guacamole served in a tortilla bowl.

caesar salad




Wok on the Lite Side

Noodles (rice noodles)

SPICY BEEF: CALORIE COUNT PRICE
316cal €7.50

Tender strips of beef with stir fry vegetables and a piri piri sauce.

VEG STIR FRY:  177cal €7.50

Seasonal vegetable stir fry with ginger and garlic.

CHICKEN AND GINGER: 266cal €7.50


Chargrilled chicken strips, stir fry vegetables with ginger and garlic.

PARMESAN CHICKEN: 426cal €7.50

Chargrilled chicken strips with parmesan shavings, pine nuts & Hobart's fresh basil pesto.

Lite on the Carbs

(stuffed omelettes garnished with salad also available with egg white only)

THE ULTIMATE:  CALORIE COUNT PRICE
391cal €6.70

Roasted peppers & courgette, goat's cheese and fresh rocket.

HOBARTS RETRO: 281cal €6.70

Hot chargrilled chicken, sweet corn, fresh tomato salsa & guacamole.



HOUSE STYLE: 323cal €6.70

Hot chargrilled chicken, fresh broccoli floret's, with a nacho cheese sauce.


The Humble Spud (all garnished with salad)

HOUSE STYLE: CALORIE COUNT PRICE
342cal €4.20

Hot chargrilled chicken, fresh broccoli floret's, with a nacho cheese sauce.

THE ULTIMATE:   270cal €4.20

Roasted peppers, courgette and goat's cheese.

DEVILISH:  337cal €4.95

Chili beef with cheddar cheese.

OR CHOOSE TWO OF YOUR OWN FILLINGS: €4.20

Additional Fillings €1.00

Plain Spud 184cal*

*Fillings will increase calorie count

Bacon 114cal / Beans 28cal / Sausage 119cal / Chicken 70cal / Tuna 60cal / Sweet Corn 40cal / Cheddar Cheese 113cal / Goats Cheese 73cal / Nacho Cheese 82.3cal / Tomato Salsa 17cal / Guacamole 50cal

Mighty Meaty Burgers

(all served with chips & salad)

TEXAN STYLE: CALORIE COUNT PRICE
459cal €7.50

6oz beef burger with grilled onions, peppers, baked beans and a bbq sauce on a crusty ciabatta...one to be tried..!

THE BRUNCH: 967cal €8.50

6oz beef burger with bacon, egg, tomato relish, nacho cheese sauce on a crusty ciabatta.

THE BASIL BURGER: 827cal €8.50

6oz beef burger with grilled peppers, goats cheese, Hobarts fresh basil pesto on a crusty ciabatta.

MEXICAN STYLE: 719cal €7.50

6oz beef burger with grilled onions, peppers, fresh tomato salsa, guacamole & nacho cheese sauce on a crusty ciabatta.

