

#### (all garnished with salad)

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

CALORIE COUNT

TUNA MELT:

€6.70 581cal

Tuna. Swiss cheese, lite mayo, on a crusty maize ciabbatta.

TUNA SALAD: 460cal €670 Tuna, crunchy mixed lettuce, peppers, tomatoes, spring onion and cucumber, lite mayo, in a wrap.

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

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

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

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



HOBIE PHILY STEAK:

GOURMET VEGGIE:

670cal

CALORIF COUNT

437cal

PRICE

€6.95

€6.95

Phily steak with grilled onions, peppers, grated cheddar cheese with mustard mayo on a crusty maize ciabbatta.

Roasted red pepper hummus, goat's cheese &

spinach on a crusty multi seed ciabbatta.

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

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

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

TOASTED SPECIAL: €4.95 424cal 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



Gluten Free



...home of the hangover cure."

The Small Café with the BIG personality

# Hobarts

"...home of the hangover cure."

55, Ranelagh Village, Ranelagh, Dublin 6,

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

## Austerity Pleasures...

Great New Lunch Deals Lite on the Pocket

### Lunch Deal

(served with a regular tea / coffee or mineral)

Soup of the Day \* or CLT (cheese, lettuce, tomato) or **Toasted Special** 

## Lunch Deal

(served with soup or side salad)

Tuna Salad Sandwich or Egg Parmesan Sandwich or Gourmet Veggie Sandwich



## Lunch Deal

(served with tea / coffee or mineral)

Chicken Ceaser Salad or Brunch Burger or 



#### The Salad Bowl

HOBARTS CLASSIC: ( )

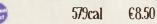




CALORIE COUNT PRICE. 50lcal €7.95

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:



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:





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

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

HOBARTS SCHOONER:





€7.95 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 €850

Chili beef, crispy lettuce, diced peppers, tomatoes, spring onion, sweet corn, cheddar cheese, chick peas with a fresh tomato salsa

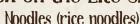
and guacamole served in a tortilla bowl.

caesar salad





## Wok on the Lite Side \Longrightarrow



CALORIE COUNT

SPICY BEEF:

316cal €7.50

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

VEG STIR FRY:



€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:

€7.50

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

## Lite on the Carbs

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

PRICE.

THE ULTIMATE:



€6.70

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

HOBARTS RETRO:

€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:

€4.20 342cal

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

THE ULTIMATE: 🔘 🚃





€4.20

Roasted peppers, courgette and goat's cheese.

DF.VILISH:

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)

€7.50

TEXAN STYLE:

459cal

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

THE BRUNCH

€850 967cal

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

THE BASIL BURGER:

827cal €8.50

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

MEXICAN STYLE: €7.50

6oz beef burger with grilled onions, peppers, fresh tomato salsa, guacamole & nacho cheese sauce



