

MAINS

A Damn Good Burger

Minced sirloin, red wine onion marmalade, mix leaf salad and emmental cheese.

€12.50

Chickpea Burger(v)

Homemade chickpea cake, vine tomato, rocket salad, tzakiti, pickle cucumber and onions.

€11.50

Crab Burger (v)

Fresh pattie crab, tartare sauce and rocket leaves.

€13.50

Chicken Wings

Cooked with our homemade rub and served with hot maple sauce.

€12.50

Cannelloni con la Ricotta Verde

Red wine tomato sauce, ricotta, broccoli, parmigiano and pesto.

€10.90

Meat and burger dishes are accompanied with hand fresh cut fries and coleslaw (not for the take away). All our ketchup and mayonnaise is homemade.

Until 3:30pm

BAR MENU

HOT DRINKS

Espresso/Double	€1.50/€2.30
Macchiato	€2.00
Americano	€2.00
Cappuccino	€2.50
Cafe latte	€2.50
Café mocha	€2.60
Hot Chocolate	€2.60
Decaf	€2.00

MILK

Rice & Soya +30c

HERBAL TEAS

Yunnan €2.20 pot for one
Ginger & Lemongrass
Moroccan Mint

Wild Berry
Camomile
Peppermint

Decaf Black
Early Grey
Barrys

BOTTLED BEER

Sol €5.00
Pilsner Greens (gluten & wheat free)
8° Pale Ale/Pilsner/IPA

CIDER

Stonewell Cider €6.50

SOFT DRINKS

Green Tea Mangajo lemon €2.50
Green Tea Mangajo Gojiberry
Green Tea Mangajo Pomegranate

Bundaberg lemon lime & bitters
Bundaberg ginger beer

Authentic French Lemonade
Authentic Pink Lemonade
Authentic Orangeade

Orange Juice with Bits
Coca Cola

WATER

Echo purified soda and still water(.5ltr)



Keep up to date on  scan the code



We try to source all our ingredients locally and support producers and suppliers in the Cork area.

MENU



VICTORIA ROAD, CORK.
021 239 0430 - APINCHOSALT.IE

DÉJEUNER (IN THE MORNING)

		
Scones(v) Fruit, plain or cranberry with butter and homemade jam.	€2.00	€2.00
Almond Brioche	€2.90	€2.90
Selection of Cakes Homemade cake: banana, chocolate or carrot.	€2.50	€2.50
Muffin of the Day(v)	€2.50	€2.50
Granola With natural yogurt	€3.50	€3.50
Toast with Butter & Jam	€2.00	€2.00

SALADES MENU

		
La Green(v) Broccoli, sweet tomatoes, green beans, pumpkin seeds, mix leaves and our Salt dressing.	€7.90	€6.50
La Punchy(v) Roast butternut squash, organic du puy lentils, red onions, mix leaves with a balsamic dressing.	€7.90	€6.50
La Fresh(v) Carrot, mango, cabbage, sesame seeds, scallions, mixed leaves and a coriander dressing.	€7.90	€6.50
La Mountain(v) Roast baby potatoes, scallions, parsley, cabbage and shallots with an aioli dressing.	€7.90	€6.50
Soup and Soda Bread	€4.90	€3.70

Add a Little:	
Marinated grilled chicken	€1.50
A slice of Ardsallagh goats cheese tartine	€2.80
A helping of artisanal smoked salmon	€3.00

Until 3:30pm

SANDWICH MENU

		
Le Rital Tomatoes, mozzarella di buffalo, pesto, salad and parma ham.	€6.90	€5.90
Le Irish Cooked ham, cheese, mixes leaves with tomato relish.	€6.90	€5.90
Le Salt Beef with avocado, vine tomato and rocket leaves on ciabatta with whole grain mustard.	€7.90	€6.90
Le Chicken Chic Roast chicken, pesto, lemon, sun dried tomato and rocket.	€6.90	€7.00

All served with Salt salad
(mix leaves, cucumber, carrot, scallions and seeds)

Until 3:30pm