

arrive happy not hungry

Great Food freshly delivered

2U

ALL DAY LIGHT SNACKS

Only available on trains with buffet car

RUSTIC CIABATTA

Oak smoked cheddar, roast peppers and tomato relish with peppery rocket on a rustic ciabatta. €4.80 501 kcal

ROAST PEPPERS AND PESTO FOCACCIA

Herbed focaccia with Emmental, roast peppers and a creamy pesto mayonnaise. €4.80 537 kcal

PULLED PORK BRIOCHE

BBQ pulled pork with a crunchy slaw, Emmental cheese on a brioche bun. €4.80 439 kcal

WATERFORD BLAA

With bacon & sausage. €4.80 501 kcal

SAUSAGE ROLL €1.65 292 kcal

SANDWICHES

FALAFEL AND HARISSA WRAP

Falafel in a tomato tortilla wrap with cucumber, pickled red cabbage, carrots, red peppers and mixed lettuce with harissa mayonnaise. €4.95 399 kcal

CHICKEN STUFFING

On oatmeal bread. €4.95 486 kcal

HAM AND CHEESE

With poppyseed bread. €4.95 372 kcal

CRISPS

Tayto Cheese & Onion

192 kcal €1.10

Tayto Salt & Vinegar

204 kcal €1.10

Pringles 206 kcal €2.00



HOT BEVERAGES

Barry's Tea 296ml/10oz 0 kcal €2.25

Coffee 296ml/10oz 0 kcal €2.40

Hot Chocolate 296ml/10oz 130 kcal €2.70

SOFT DRINKS

Coca Cola 330ml 139 kcal €1.75

Diet Coke 330ml 1 kcal €1.75

Fanta 330ml 165 kcal €1.75

Sprite 330ml 89 kcal €1.75

Fruice Orange Juice

330ml 149 kcal €2.90

Riverrock Still Water

500ml 0 kcal €2.25

Schweppes Tonic

150ml 56 kcal €1.25

BEERS, WINES AND SPIRITS

Budweiser 500ml can 187 kcal €4.80

Bulmers 500ml can 205 kcal €4.80

Heineken 500ml can 150 kcal €4.80

Guinness 500ml can 176 kcal €4.80

Jameson Irish Whiskey

50ml 112 kcal €5.60

Huzzar Vodka 50ml 112 kcal €4.65

Cork Dry Gin 50ml 112 kcal €4.65

Trapiche Sauvignon Blanc

18.7cl 159 kcal €5.95

Trapiche Malbec

18.7cl 159 kcal €5.95

SWEETS

Apple Danish 425 kcal €2.50

Fruit Danish 409 kcal €2.50

Chocolate Muffin 459 kcal €2.20

Ina's Fruit Slice 300 kcal €1.90

Ina's Oatflake Biscuits

255 kcal €1.55

Broderick's Gluten Free Brownie

278 kcal €2.00

CONFECTIONERY

Nestlé KitKat 215 kcal €1.30

Nestlé Aero 199 kcal €1.30

Cadbury Dairy Milk

280 kcal €1.30

Cadbury Snack Shortcake

475 kcal €1.30

Nestle Rolo 248 kcal €1.30

Honeycomb Bar 324 kcal €2.10

The Irish Times also available on selected services (recommended retail price)

SOME TIMES WE ARE RESTRICTED ON THE SPACE WE HAVE AVAILABLE ON BOARD THE TRAIN AND ON BUSIER TRAINS WE MAY RUN OUT OF CERTAIN ITEMS SO PLEASE ACCEPT OUR APOLOGIES IF YOUR 1ST CHOICE IS NOT AVAILABLE.

Calorie information provided is as accurate as possible.

However, due to the handmade nature and possible substitution of ingredients, calories may vary and so average typical values are shown. Information regarding allergens contained in products is available from your steward. Range subject to availability. All pictures are for illustrative purposes only.

How did we do today? We value your feedback so why not contact us on customerservice@railgourmet.com



www.railgourmet.ie



NESTLÉ ROLO

€ 1.30



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