

BEVERAGES

HOT BEVERAGES

Pot of Freshly Brewed Tea	€3.10
Artisan Speciality Teas	€3.10
 Freshly Brewed Cafetiere of Fairtrade Coffee	€3.65
 Hot Chocolate <small>Contains: Milk</small>	€3.15

MINERALS

Coke	€1.90
Coke Zero	€1.90
Club Orange	€1.90
7UP	€1.90
Still or Sparkling Water	€2.25
Orange Juice	€1.20

BEERS AND CIDER

Guinness	€4.95
Heineken	€4.95
Coors Light	€4.95
Bulmers Cider	€4.95

RED WINE

Cabernet Sauvignon	€5.95
Sauvignon Blanc	€5.95

SPIRITS

Smirnoff Vodka	€4.75
Gordon's Gin + Tonic	€5.70



GENERAL INFORMATION

PAYMENT

Prices are published in Euro and credit card facilities are available in Euro.



PASSENGERS WITH PARTICULAR NEEDS

If you need help please ask a member of our staff who will be happy to assist you.

OTHER CONSIDERATIONS

The train offers limited space for extra supplies and occasionally we may run out of items. Please accept our apology in advance for this inconvenience.

CUSTOMER FEEDBACK

Catering on board Irish Rail services is operated by Corporate Catering Services.

If you have any constructive thoughts regarding our products or services, or have any specific dietary needs, please write in the first instance to: info@ccsl.ie

WITH COMPLIMENTS

The Cork Route, 1st Class Service, includes the Irish Times and Tea or Coffee compliments of Irish Rail.



HAPPY WITH THE SERVICE YOU RECEIVED?

Please let us know so we can recognise the staff?
Email: info@ccsl.ie

GREAT
Food
Move
ON THE



BREAKFAST

AVAILABLE MONDAY TO FRIDAY

7:00am Dublin - Cork / 7:00am Cork - Dublin / 7:05am Tralee - Dublin



BREW



DINE



WINE

THE MIGHTY IRISH

Traditional Irish crisp cured bacon, Loughnane's butcher sausages, black & white pudding, potato bread, fried egg, grilled tomato, toast, soda bread, butter, preserves and a choice of freshly brewed tea or cafetiere of Fairtrade coffee.

€13.55

Contains: Milk, Sulphites, Egg & Wheat

THE MODEST IRISH

Traditional Irish crisp cured bacon, Loughnane's butcher sausage, grilled tomato, fried egg, baked beans, toast, soda bread, butter, preserves and a choice of freshly brewed tea or Cafetiere of Fairtrade coffee.

€10.40

Contains: Wheat, Sulphites, Milk & Eggs

THE VEGETARIAN

Two farm fresh fried eggs, potato bread, grilled tomato, baked beans, toast, soda bread, butter, preserves and a choice of freshly brewed tea or cafetiere of Fairtrade coffee.

€10.40

Contains: Wheat, Milk & Eggs

SCRAMBLED EGG

Three farm fresh eggs lightly scrambled, served with toast, soda bread, butter, preserves and a choice of freshly brewed tea or cafetiere of Fairtrade coffee.

€8.90

- Add crisp cured bacon €1.55
- Add Loughnane's Irish butcher sausage €1.55

Contains: Wheat, Milk, Eggs & Sulphites

BREAKFAST BLAA

Warm toasted traditional Waterford Blaa served with crisp cured bacon and oven baked Loughnane's Irish butcher sausage.

€8.90

Contains: Sulphites, Milk, Wheat & Soya

THE ENERGY BOWL

Choose

Fresh creamy porridge served with a choice of freshly brewed tea or cafetiere of Fairtrade coffee.

or

Nutritious nutty granola topped with natural yoghurt and Irish honey served with a choice of freshly brewed tea or cafetiere of Fairtrade coffee.

€7.25

Contains: Nuts, Oats, Barley, Rye & Milk

TOAST

Toast or soda bread with butter, preserves and a choice of freshly brewed tea or cafetiere of Fairtrade coffee.

€6.20

Contains: Wheat & Milk

CROISSANT

Fresh croissant with butter, preserves and a choice of freshly brewed tea or cafetiere of Fairtrade coffee.

€6.20

Contains: Wheat, Egg & Milk

RANGE IS SUBJECT TO AVAILABILITY



www.fairtrade.ie

WELCOME ABOARD

WE AIM TO MAKE YOUR JOURNEY AS ENJOYABLE AS POSSIBLE BY OFFERING YOU A SELECTION OF DELICIOUS FOOD, SNACKS, WINES AND SPIRITS SERVED TO YOUR TABLE.

NOW THAT YOU ARE ON YOUR WAY, WE LOOK FORWARD TO HELPING YOU RELAX IN COMFORT AND EXPERIENCE OUR TRADITIONAL HOSPITALITY.



COFFEE SERVICE IS FAIRTRADE



BREW



DINE



WINE

BISTRO

AVAILABLE MONDAY TO FRIDAY

13:00pm Dublin - Cork / 13:25pm Cork - Dublin / 16:00pm Dublin - Cork
16:25pm Cork - Dublin / 17:00pm Dublin - Cork / 17:05pm Dublin - Tralee
17:25pm Cork - Dublin / 18:00pm Dublin - Cork



BREW



DINE



WINE

BURREN ORGANIC WHISKEY SMOKED SALMON

Award winning Burren organic Irish smoked salmon infused with honey, whiskey and fennel, served with baby leaf salad and brown soda bread.

€13.95

Contains: Wheat, Fish & Milk

HOI SIN STIR FRY BEEF

Irish beef in a fragrant sweet sauce with bean sprout, garlic and ginger served with basmati rice.

€12.50

Contains: Wheat, Soya, Celery, Sesame Seed

MARINATED FENNEL & PEPPER CHICKEN

Stir fry of chicken, cooked in Szechwan pepper, star anise, fennel and cinnamon, served with basmati rice.

€12.50

Contains: Wheat & Soya

FRESH INFUSED BASIL & LEMON PASTA SALAD

Fusilli pasta tossed in basil olive oil, sundried tomatoes, purple oregano and Reggiano Parmesan.

€11.45

Contains: Wheat, Milk, Sulphites, (may contain Egg)

MARINATED CHICKEN NOODLE SALAD

Seared chicken, roasted peppers, cherry tomatoes and egg noodles tossed in a light soy and ginger dressing.

€11.45

Contains: Soya, Wheat, Egg, Sesame Seed & Sulphites

PEPPERONI PIZZA TWIST

Hot Pepperoni, crushed tomato and mozzarella filled pizza served with dressed seasonal leaves.

€7.95

Contains: Wheat, Milk & Soya

CHICKEN CHIPOTLE CROQUE MONSIEUR

Smoked pepper, tomato tapenade, grated mozzarella cheese, and sliced chicken all served in, toasted sesame paco pan.

€7.90

Contains: Wheat, Milk, Sesame Seeds & Soya

THE GOURMET SAUSAGE ROLL

Pork sausage and sautéed leeks with thyme wrapped in handmade flaky pastry, served with seasonal leaves and Ballymaloe relish.

€3.65

Contains: Wheat, Milk, Soya & Sulphites

SANDWICH SELECTION

Choice of delicious premium sandwiches served with O'Donnell (Gluten Free) hand cooked crisps. Range subject to change.

- Traditional slow cooked ham & Dubliner Irish cheddar cheese
- Classic roast chicken & rosemary and thyme stuffing
- Free range sliced egg & peppery rocket

€5.95

Contains: Wheat, Eggs, Milk, Mustard, Nuts, Sesame Seeds & Soya

SELECTION OF DANISH, MUFFINS & CAKE SLICES AVAILABLE

€3.00 / €2.60 / €2.40

Contains: Please refer to product packaging

GLUTEN FREE ROCKY ROAD

€2.50

Contains: Please refer to product packaging for allergen information

