



LIBERTÉ

FRENCH FOOD & GOODS

Lunch & dinner

..... MEATS & BREADS

Choose from anyone of our classic combinations or get inspired at the counter and create your own from our range of ingredients, just ask our staff. All *eat in* sandwiches are served with a portion of ruby slaw.

BBQ pulled pork wrap , ruby slaw, chili relish & rocket	Eat out / Eat in €6.50 / 7.00
Bourguignon beef brisket ciabatta , sautéed onions, Emmental cheese & Dijon mustard	€6.50 / 7.00
Grilled chicken ciabatta , French brie, tomatoes, peppers, pesto & rocket	€5.30 / 5.80
Jambon de Bayonne granary , goats cheese, sundried tomatoes, tomato relish & rocket	€5.30 / 5.80
Baked ham sourdough toasty , Emmental cheese, Dijon mustard & Normandy butter	€5.00 / 5.50
Avocado wrap , feta, olive tapenade, cucumber, tomatoes, quinoa & seasonal fresh salad (V)	€5.00 / 5.50
Chicken wrap , humus, feta, green couscous, mint yogurt & lettuce	€5.30 / 5.80

..... MENU DU JOUR

Plat du jour - €8.00 / 9.00

Monday	Dijon chicken served with mash potato and vegetables
Tuesday	Home-made beef meatballs served with fresh pasta bake & garlic bread
Wednesday	Jamaican jerk chicken served with rice, peas & jalapeno flatbread
Thursday	Toulouse sausage & aligot - mash potato & melted French cheese
Friday	Chili con carne served with rice & coriander flatbread

Veggie special - €6.50 / 7.50

Falafel served with tahini dip, flatbread & a choice of two salads

..... SALADES

SALADES are served with a choice of homemade dressing: balsamic, lemon & olive oil or French dressing

Salades from our counter - €6.00 / 6.50

- Roasted beets**, goats cheese, watercress & walnut dressing
- Pomegranate**, baby mixed leaves, orange & fennel
- Chickpea**, tomato, red onions & spinach
- Quinoa**, mint, parsley, tomato, cucumber & raisin
- Ruby slaw // seasonal leaves**

Salades maison

- BBQ pulled pork salad** - BBQ pulled pork, rosemary potatoes, ruby slaw & rocket - €7.00 / 7.50
- Salade César** - Chicken, cherry tomatoes, pine nuts, lettuce, parmesan & Caesar dressing - €6.00 / 6.50
- Salade niçoise** - Tuna, eggs, potatoes, olives, green beans, mixed leaves & French dressing - €6.20 / 6.80

..... HAND MADE PASTA

HAND MADE PASTA is served with a choice of parmesan or mozzarella cheese. All *eat in* pasta is served with a portion of garlic flatbread or seasonal green leaves salad.

	Eat out / Eat in
Roasted butternut squash , spinach & parmesan with penne in a tomato & ricotta sauce (V)	€6.80 / 7.80
Green carbonara , lardons, courgette & onions with penne in light creamy sauce	€7.20 / 8.20
Chicken , bacon & mushroom in a béchamel sauce	€7.20 / 8.20
Bolognese , slow cooked beef ragu	€7.00 / 8.00
Prawns , wild garlic, chili flakes, fresh rocket & green pesto	€7.60 / 8.60
Baked pasta : beef lasagne or chicken & broccoli bake	€7.50 / 8.50
Pasta classic: tomato & basil , creamy béchamel or arrabbiata (V)	€6.50 / 7.50

..... HOUSE FLATBREADS

HOUSE FLATBREADS are pizzas with a French twist. They are made from whole-wheat flour, fresh yeast, olive oil & a pinch of sea salt. They are baked on a hot stone and layered with mouth-watering toppings.

Provencal vegetables , mozzarella, cherry tomatoes, basil & rocket served with aioli	€7.90 / 8.40
Jambon de Bayonne , green asparagus & mature parmesan served with olive tapenade	€8.80 / 9.30
Chorizo , salami, sundried tomatoes & red peppers served with rustic humus	€8.50 / 9.00
Goats cheese , walnut, spinach & crème fraiche served with honey yogurt	€8.20 / 8.70
Smoked salmon , red onions, crème fraiche, capers & rocket served with lemon & dill yogurt	€8.80 / 9.30

..... SOUPES

Soupes maison - €4.50 / 5.00

Tomato & basil soup - served with a choice of rustic sourdough, granary, ciabatta or brown bread & fresh butter

Soupe du jour - €4.50 / 5.00

Monday	Butternut squash, carrot & chili
Tuesday	Mushroom & spinach
Wednesday	Carrot, coconut & coriander
Thursday	Broccoli & almond
Friday	Curry spiced vegetables

..... BREADS, SIDES & DIPS

Side portion - €3

Salad or soup
Rosemary potatoes
Ratatouille
Garlic flatbread
Penne & cheese

**Add a side to
your main
for €2 only**

Home-made dips & bread - €2.90

Served with a selection of breads from our counter

Aoili	Crunchy humus
Olive tapenade	Chili salsa

..... HOME MADE DESSERT & CAKES

Raspberry organic yogurt // Seasonal fruit piece
Home-made cakes selection - see our counter