

MAY CONTAIN AND BE MADE IN AN ENVIRONMENT
WHERE THE FOLLOWING ARE USED:
CEREALS CONTAINING GLUTEN, EGGS, NUTS (INCLUDING PEANUTS),
MILK, CELERY, MUSTARD, SOY BEANS, SESAME SEEDS, FISH, CRUSTACEANS.
PLEASE ASK A STAFF MEMBER FOR ASSISTANCE
IF YOU HAVE ANY CONCERNS OR QUERIES.



10 GRATTAN SQUARE, DUNGARVAN, CO. WATERFORD
T. 058 41854
WWW.THELOCAL.IE

TAG US ON
f @THELOCALDUNGARVAN
i @THE_LOCAL__DUNGARVAN



LUNCH MENU

WELCOME TO THE LOCAL.

WE PRIDE OURSELVES ON FRESH, HOMEMADE FOOD. OUR DISHES ARE COOKED TO ORDER.
PLEASE ALLOW 30-40 MINUTES DURING BUSY TIMES. YOUR PATIENCE IS GREATLY APPRECIATED.

SOUP & CHOWDER

CUP OF SOUP	€4	🌾
SOUPE DU JOUR	€5	🌾
WITH HELENA'S BROWN BREAD		
SEAFOOD CHOWDER	€12	🌾🐟
WITH HOMEMADE BREADS		

TOASTIES & PANINIS

WHITE OR BROWN BATCH BREAD OR PANINI		🌾
CHOOSE FROM		
• HAM OR CHICKEN OR SPICY CHICKEN	€8	🌾🥚🥚
WITH CHEESE, TOMATO, RED ONION, MAYO OR SPICY MAYO		

SANDWICHES

ON BATCH WHITE OR BATCH BROWN BREAD		🌾
CHOOSE FROM		
• HAM SALAD / CHICKEN SALAD / CHEESE SALAD	€6	🥚🥚
• SPICY CHICKEN SALAD WITH SPICY MAYO	€6	🥚🥚

PITTA BREADS

• PLAIN CHICKEN MAYO AND TOSSED SALAD	€8	🌾🥚
• SPICY CHICKEN, CHEESE AND TOSSED SALAD		🥚🥚
• SALAD AND SPICY MAYO	€8	🥚

WRAPS

THE LOCAL GOUJON WRAP	€11	🌾🥚
CHICKEN GOUJONS, LETTUCE, TOMATO, ONION		
WITH SPICY OR PLAIN MAYO OR CAJUN		
SWEET CHILLI GOUJON WRAP	€11	🌾🥚
CHICKEN GOUJONS, LETTUCE, CARROT, ONION,		
SWEET CHILLI SAUCE, SPICY MAYO		
MEXICAN CHICKEN WRAP	€11	🌾🥚
GOUJONS, SALSA, GUACAMOLE,		
SOUR CREAM, ICEBERG LETTUCE		
SPICY BEEF WRAP	€12	🌾🥚
MINCED SPICY BEEF, CARROT, LETTUCE,		
ONION, SPICY MAYO		

OPEN SALAD PLATE

CHOOSE FROM EITHER	€10	🌾🥚🥚
• HOME COOKED HAM		
• CHICKEN OR SPICY CHICKEN		
• EGG		🥚
ALL SERVED WITH PICKLED CUCUMBER, COLESLAW,		
POTATO SALAD, TOSSED SALAD, BEETROOT JELLY,		
HELENA'S BROWN BREAD		

WARM SALADS

WARM CHICKEN SALAD	€14	🌾🥚🥚
MARINATED CHICKEN, ARDSALLAGH GOATS CHEESE,		
SUNDRIED TOMATOES, ONION, TOSSED SALAD,		
HUMMUS, SAUTÉ POTATOES		
BLACK PUDDING AND BACON SALAD	€14	🌾🥚🥚
FRIED EGG, SAUTÉ POTATOES, SUNDRIED TOMATOES,		
ONION, DRIZZLE OF SRIRACHA, TOSSED SALAD		
ASIAN BEEF SALAD	€14	🌾🥚🥚
SEARED STRIPLOIN STEAK, ASIAN SESAME DRESSING,		
SUNDRIED TOMATOES, SAUTÉ POTATOES,		
SCALLIONS, SESAME SEEDS		

HOUSE SPECIALS

ALL SERVED WITH HOMEMADE CHIPS AND HOUSE SALAD

STEAK SANDWICH	€18	🌾🥚
DÉISE BLAA, MELTED CHEESE, ONIONS,		
MUSHROOMS, MAYO		
FRESHLY CRUMBED CHICKEN GOUJONS	€14	🌾🥚
HOMEMADE LASAGNE	€15	🌾🥚🥚
FRESHLY CRUMBED HAKE GOUJONS	€14	🌾🥚🐟
PEAS, TARTARE SAUCE		



DÉISE BURGERS

ALL OUR MEAT IS LOCALLY SOURCED
AND SERVED WITH HOMEMADE CHIPS

SEAMUS PRENDERGAST CHICKEN GOUJON BURGER	€14	🌾🥚
LETTUCE, ONION, SPICY MAYO		
DAN SHANAHAN SALAD BURGER	€14	🌾🥚
LETTUCE, TOMATO, ONION, KETCHUP		
KEN MCGRATH HOUSE BURGER	€14	🌾🥚🥚
MELTED CHEESE, MUSHROOMS, ONIONS, KETCHUP		
JOHN MULLANE BURGER	€14	🌾🥚🥚
BACON, MELTED CHEESE, LETTUCE, TOMATO,		
ONIONS, KETCHUP		
AUSSIE GLEESON BURGER	€14	🌾🥚🥚
LETTUCE, RED ONION, CHEDDAR CHEESE,		
TOMATOES, RELISH, MAYO		
COLIN DUNFORD BRIE BEEF BURGER	€15	🌾🥚🥚
MELTED BRIE, RED ONION MARMALADE,		
LETTUCE, RELISH, MAYO		
"THE BRICK" WALSH CAJUN CHICKEN BURGER	€15	🌾🥚
ROCKET, GARLIC MAYO, COLESLAW		
JAMIE BARRON MEXICAN BEEF BURGER	€15	🌾🥚🥚
SALSA, GUACAMOLE, JALAPEÑOS, LETTUCE,		
MAYO, CHEDDAR CHEESE		
TADHG DE BURCA BLUE CHEESE BEEF BURGER	€15	🌾🥚🥚
CASHEL BLUE CHEESE, RED ONION MARMALADE,		
LETTUCE, MAYO		
CONOR PRUNTY BURGER	€14	🌾🥚
CHEDDAR CHEESE, KETCHUP		

SIDES

CHIPS	€3	
BROWN BREAD	€1	🌾🥚
COLESLAW	€1	🥚
POTATO SALAD	€1	🥚
SAUCES	€1	🌾🥚
GARLIC BREAD	€3	🌾
BABY BOWL	€4	
SIDE SALAD	€4	
BACON	€1	
CHEESE	€1	🥚

WE SUPPORT "LOCAL" OUR SUPPLIERS

COUNTRY STORE - KIELY'S MEATS - MOSSIE JOYCE
LIAM ROSSITER - BARRONS BAKERY - BALLYCOTTON SEAFOOD
SYSCO - MUSGRAVES - GLANBIA - LA ROUSSE - NORTONS

WE REGRET THAT WE CANNOT SPLIT BILLS
WE APOLOGISE FOR THE INCONVENIENCE