

Create Your Own

I will have...

Baguette, Bap (White/Brown), Flour Tortilla Wrap, Bread (White/Brown). **€2.50**

Fresh Baked Bretzel Bakery Focaccia, Rye, Granary, Soft White Poppy Seed Roll. **€3.00**

Mixed Leaf Salad, Pasta Salad, Noodle Salad.
Reg: €2.50 and Large: €3.50

with...

Prawns in Marie Rose Sauce. **+ €2.00**

Chicken Breast, Parma Ham, Pastrami. **+ €1.00**

Roast Turkey, Sliced Ham, Roasted Bacon, Smoked Applewood Cheddar, Swiss Cheese, Feta Cheese, Tuna & Sweetcorn Mayo, Roasted Vegetable Cous Cous, Fresh Mozzarella, Creamy Avocado **+ 0.80c**

Red Cheddar, Creamy Brie, Creamy Coleslaw, Roasted Sweet Peppers, Semi Dried Tomatoes, Crunchy Vegetables, Home Made Guacamole, Shaved Parmesan, Home Made Hummus, Free Range Egg Mayo, Homemade Tomato Salsa, Toasted Pine Nuts, Herb & Onion Stuffing, Home Made Basil Pesto, Home Made Black Olive Pesto. **+ 0.50c**

Jalapeno Chilli, Pickled Beetroot, Mixed Peppers, Black Olives, Toasted Sunflower Seeds, Toasted Pumpkin Seeds, Mixed Seeds, Fresh Cucumber, Pickled Gherkin, Crispy Crouton, Red Onion, Sweetcorn. **+ 0.30c**

Caesar Dressing, Balsamic Dressing, Whole Grain Mustard, Cranberry Sauce, Soy & Chilli, Branston Pickle, Basil Mayo, Curry Mayo, Chilli Mayo, Mustard Mayo, Marie Rose, Chive Mayo, Sriracha, Homemade BBQ Sauce. **+ 0.30c**

Lollo, Iceberg, Cos, Tomato, Onion, Plain Mayo, Chopped Chilli, Toasted Sesame Seeds. **+ 0.10c**

Extras

Summer Time Fruit Salad	Small €2.70 / Large €3.70
Bottles of Coke, Diet Coke, Sprite, Fanta	€1.70
Little Miracles/Orange Juice	€2.00
Ballygowan (still), Ballygowan (sparkling)	€1.50
Walkers Cheese & Onion, Salt & Vinegar, Ready Salted	€1.00
Walkers Sensations Sweet Chilli	€1.30
Manhattan Popcorn	€1.00
Apple 0.80c Tangerine 0.60c Banana 0.80c	
Range of Healthy Bars/Rice Cakes	From €1.50
Scones/Muffins/Pastries	€2.00
Range of Chocolate	from €1.50

Platters

Simple and Quartered €4.50 per person

BB / WB with a mixture of simple fillings

Mixed Platter €6.00 per person

BB / WB / Baps / Baguettes / Wraps with a selection of our fillings

VIP Platter €7.00 per person

Focaccia / Rye / Poppy rolls / Wraps with a selection of deluxe fillings

All of these prices allow for 1 and 1/2 sandwich per person.

Please see our Website OR Platters Flyer for more Hot Food Options

Allergens

Gluten = G, Crustaceans = C, Eggs = E, Fish = F, Nuts = N, Dairy = D, Celery = CY, Mustard = M, Sesame = S

Join the Gang

Join our mailing list for daily soups and specials by sending an email to subscribe@fudecompany.com and get involved.



Fude Cafe - Breakfast and Lunch - Open Mon-Fri 8am- 2.30pm ish
Unit 43, Park West Enterprise Centre, Lavery Avenue, Park West, D12

Enjoy fude responsibly

Sandwiches Soups Salads



01 620 5714

orders@fudecompany.com
www.fudecompany.com



FREE* LUNCH DELIVERY PARK WEST
** That's free delivery not free lunch.*

Fude Cafe Park West

Serving Breakfast & Lunch
Eat In & Take Away

Open Mon-Fri 8am-2.30pm ish.

Unit 43, Park West Ent. Cent.
Lavery Avenue, Park West, Dublin 12.

Signature fude: THE MAGIC NUMBERS

1. **This Ain't Number One For Nothin'**
Crispy Baguette with Irish Chicken Breast, Roasted Bacon and Salad Stuff with a Mild Curry Mayonnaise (G,E, CY, M) €5.00
2. **Nice Two Meat Chew**
Soft White Poppy Seed Roll with Sliced Ham, Oven Roasted Turkey, Swiss Cheese, Salad Stuff and a Blob of Whole Grain Mustard Mayonnaise (G,E, CY, M, D) €5.30
3. **Go Italian**
Fresh Baked Rye Bread with Chicken Breast, Home Made Black Olive Pesto & Roasted Sweet Peppers with Salad Leaves (G, D, N) €5.00
4. **Plough Through Your Day**
Fresh Baked Granary Bread with Sliced Ham, Red Cheddar Cheese, Creamy Home Made Coleslaw, Sweet Corn and Salad Stuff (G,E, CY, M, D) €5.30
5. **Avo' Go Of...**
Fresh Baked Granary Bread with Fresh Mozzarella, Sliced Avocado, Red Onion, Sliced Tomato & Salad Leaves and our Own Home Made Basil Pesto (G, D, N) (V) €5.30
6. **Jammin' It Up**
Crispy Baguette with Roasted Turkey and Bacon, Creamy Brie Cheese, Red Onion with the strangely enhancing Cranberry Sauce (G, D) €5.30
7. **Have It Light But Zingy**
Flour Tortilla Wrap with Chicken Breast, Shredded Iceberg Lettuce, Crunchy Vegetables, Jalapenos & Sweet Chilli Mayonnaise (G, E, CY, M) €4.80
8. **So New York Baby!**
Fresh Baked Rye Bread with Sliced Pastrami, Swiss Cheese, Pickled Dill Gherkin, Salad Stuff & Whole Grain Mustard Mayonnaise might be more your thing (G, E, CY, M, D) €5.50
9. **Taste The Sea Side In The West side**
Crispy Baguette with Boston Prawns In Marie Rose Dressing, Fresh Tomato and Red Onion with Home Made Guacamole and Iceberg Lettuce (G, C, E, CY, M) €5.30
10. **Pig Out**
Fresh Baked Rye Bread with Chicken, Bacon, Ham & Red Cheddar Cheese with Salad Stuff & Dressing of your choice. It's Big! (G, E, CY, M, D) €6.00

11. **Veg Out**
Flour Tortilla Wrap with Swiss Cheese, Home Made Hummus, Semi Dried Tomatoes, Crunchy Vegetables, Shredded Iceberg Lettuce & Home Made Balsamic Dressing (G, M, D, S) (V)€
€5.00 **Add Chicken** €5.50
12. **The Mexican Wrap. Tijuana Know What's In It?**
Flour Tortilla Wrap with Chicken, Grated Cheddar Cheese & our Own Home Made Spicy Tomato Salsa, Creamy Guacamole & Iceberg Lettuce (G, D) €5.00
13. **Get The Foc Out Of Here!**
Fresh Baked Focaccia Bread with Tuna and Sweet Corn Mayonnaise, Smoked Applewood Cheddar, Semi Dried Tomatoes and Salad Leaves (G, E, CY, M, F) €5.00
14. **Zing Hallelujah!**
Crispy Baguette with Chicken Breast, Roasted Bacon, Creamy Brie Cheese with our Sweet Chilli Mayonnaise & Salad Stuff (G, E, CY, M, D) €5.30
15. **Belissimo!**
Fresh Baked Focaccia Bread with Parma Ham, Semi Dried Tomatoes, Shaved Parmesan Cheese, Home Made Basil Pesto Mayonnaise & Salad Leaves (G, CY, D, N, E, M) €5.00
16. **Seize Ahhhh**
Flour Tortilla Wrap with Sliced Chicken, Roasted Bacon, Shaved Parmesan Cheese, Crispy Cos Lettuce & Home Made Caesar Dressing (G, E, CY, M, D) €5.00

Soup You Say!

Made right here each day, with Fresh Market Vegetables and Organic & Gluten Free stock. Regular - 12oz or else Large - 16oz.

Vegetarian	Reg €3.00 / Large €3.80
Meaty	Reg €3.30 / Large €4.00
Add 2 BB/WB/Baguette	70c
Add 2 Gran/2 Rye	€1.50

See our Boards for Daily flavours or just ask. We'll tell you.

Pasta Salads and The Likes

These come in two sizes, regular 16oz - €4.80 and large 26oz - €5.80, depending on how hungry you are.

Chive Talkin' Penne Pasta Salad with Chicken Breast, Roasted Bacon & Sweet Corn in a Creamy Chive Mayonnaise Dressing. (D, CY, M, G, E)

Pasta Pesto Penne Pasta Salad with Chicken Breast, Our Home Made Basil Pesto, Shaved Parmesan & Toasted Pine Nuts. (D, N, G)

Moby Dick Penne Pasta Salad with Tuna and Sweetcorn Mayo, Grated Smoked Applewood Cheddar, Semi Dried Tomatoes and Our Home Made Chive Mayonnaise Dressing. (D, E, CY, M, F)

The Other Pasta Pesto Penne Pasta Salad with Chicken Breast, Roasted Sweet Peppers & Our Own Home Made Black Olive Pesto. (D, G, N)

Use Your Noodle Egg Noodle Salad with Chicken Breast, Crunchy Vegetables, Sweet Corn with Home Made Soy & Chilli Dressing, Topped with Toasted Sesame Seeds. (G, S)

Salads n Stuff

Again regular 16oz - €5.00 and large 26oz - €6.00.

All Hail Caesar Crispy Cos Lettuce, Chicken Breast, Roasted Bacon, Shaved Parmesan, Croutons & Our Own Anchovy Free Creamy Caesar Dressing. (G, E, CY, M, D)

Tossed and Mixed Fresh Mixed Leaves with Poached Chicken, Grated Cheddar Cheese, Crunchy Vegetables, Tomato, Onion & Croutons with Our Own Balsamic & Whole Grain Mustard Dressing. (G, M, D)

Hard Core Prawn Fresh Mixed Leaves with Boston Prawns in a Marie Rose Dressing with Creamy Avocado, Red Onion, Tomato & a Drizzle of Balsamic Dressing. The 1980's right there in a box. (E, CY, M, C)

Chew Chew Tuna Fresh Mixed Leaves with Tuna and Sweet Corn Mayonnaise, Grated Swiss Cheese, Crunchy Vegetables, Tomato, Onion & Home Made Balsamic Dressing. (M, CY, F, D, E)

Parma Sutra Fresh Mixed Leaves with Parma Ham, Semi Dried Tomatoes, Avocado, Shaved Parmesan Cheese, Red Onion & Basil Pesto Mayonnaise. (CY, D, E, M, N)

Leaf It To Us Fresh Mixed Leaves with Roasted Turkey and Bacon with Creamy Avocado, Free Range Egg, Tomato & Onion and Our Own Home Made Caesar Dressing. (E, CY, M, D)