



TOSS'D noodles & salads

hot wok noodle dishes (vegetarian options available on request)

chili vegetable noodles	€8.95
deep fried tofu, mushrooms, courgette, mixed peppers & flat rice noodles with hot & sour sauce	
roast teriyaki chicken	€9.45
sliced roast teriyaki chicken stir fried with shanghai egg noodles, mixed peppers, daikon, onion, leek & mushrooms with teriyaki sauce (garnished with grapes, pickled ginger, sushi nori & sesame seeds)	
chili basil beef	€9.45
spicy sliced irish beef stir fried with udon noodles, onion, mixed peppers, bamboo shoots, fresh chili, green beans with chili oyster sauce & fresh basil	
prawn yakisoba	€9.45
marinated tiger prawns stir fried with ramen egg noodles, onion, mixed peppers, egg, mushrooms & mangetout in yakisoba sauce	
caramelised soy beef	€9.45
sliced irish beef with carrot, mangetout, broccoli & large flat rice noodles with sweet caramelised soy sauce	
chicken phad thai	€9.45
traditional thai stir fried flat rice noodles with chicken, fried tofu, leek, egg, carrot, bean sprouts & toasted peanuts	
chiang mai crayfish coconut curry with rice vermicelli	€9.95
crayfish tails cooked with thai red curry & kaffir lime leaves in coconut milk with samphire, mangetout, leeks, mixed peppers, onions & bean sprouts with guilin rice vermicelli (garnished with pickled cucumber)	
singapore fried noodles	€9.45
marinated prawns & char sui pork with thin rice noodles with leeks, mixed peppers, egg & bean sprouts in lightly curried sauce	

fried rice dishes

vegetable & cashew nut fried rice	€9.45
garlic egg fried rice with broccoli, onion, carrot, mangetout, mixed peppers, garden peas with oyster sauce & cashew nuts	
chicken nasi goreng	€9.45
spicy egg fried rice with chicken, onion, mixed peppers, green beans, garden peas, chili, & mild curry sauce	
TOSS'D seasonal stir fry (changes daily)	from €9.95

thai curry

TOSS'D thai curry - chicken, tofu or prawns (+50c) (changes daily)	€9.95
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pasta dishes

fusilli with pancetta & rocket	€9.45
stir fried short spiral noodles with bacon, onions, garlic, pink peppercorns, rocket leaves & parmesan	
creamy fresh basil pesto linguine	€8.95
slender flat egg noodles with fresh basil pesto, mascarpone cheese & parmesan	
fettuccini with porcini mushroom sauce	€8.95
with mascarpone cream sauce, mushrooms & parmesan cheese	

if you have any dietary needs or preferences, do let us know as all dishes are cooked to order so we can be flexible...

soups & snacks

thai chicken & coconut soup (tom kha gai)	€5.95
lemongrass, galangal & kaffir lime leaf coconut broth with chicken, chili, shallots, mushroom, spring onion & chili oil	
tom yum vermicelli chicken noodle soup	€5.95
thai spicy & sour lemongrass broth with chicken, shallots, mushrooms, chili, cherry tomatoes, coriander & thin rice noodles	
ramen-style noodle broth with chicken	€5.95
chicken broth with chicken, bean sprouts, spring onions & flat rice noodles	
chicken fillet satay	€5.95
skewered marinated chicken with spicy peanut sauce and thai pickled vegetables	
chili hoisin chicken wings	€5.95
batter fried chicken wings with chili, garlic, black pepper & hoisin sauce on crispy rice noodles	
sticky roast ribs	€5.95
slow roast pork ribs with honey, sriracha & star anise sauce with thai spiced sweet potatoes	

ready to go salads

€7.50

our TOSS'D salad dressings are made in-house, we serve them separately so if you would prefer you can dress your salad with an alternative one from the range

real roast chicken & roast vegetable salad

roast chicken, cherry tomatoes roasted with garlic & thyme, mixed lettuce, roast red peppers & capers with sherry vinaigrette

thai glass noodle & crayfish salad

crayfish, glass rice noodle, carrot, mixed peppers, red onion, cucumber, mint & peanut with a chili, lime & coriander dressing

tuna niçoise

tuna, green beans, mixed lettuces, cherry tomato, black olives, free-range boiled egg, baby potatoes & dill with french dressing

roast chicken & ramen noodle salad

sliced roast chicken, ramen egg noodle, carrot, cucumber, mangetout, spring onion & toasted sesame seeds with dark sesame dressing & roast sushi nori

caesar salad with real roast chicken

roast chicken, romaine lettuce, parmesan cheese & croutons with caesar dressing

greek feta salad

feta cheese with cucumber, tomatoes, olives, roast peppers, red onion, mixed leaves, oregano, lemon & olive oil dressing

cobb salad with cashel blue cheese

cashel blue cheese, lardons of bacon, avocado salsa, mixed lettuce leaves & chives with cashel blue cheese dressing

goats cheese & grilled courgette salad

goats cheese, grilled courgette, roast red peppers, toasted walnuts & mixed lettuces with walnut oil dressing

create your own salads

€7.50

base (1)

seasonal mixed
lettuce leaves

fusilli pasta

ramen egg noodle

+ house (3)

carrot

cucumber

grilled courgettes

roast cherry
tomatoes

red onion

spring onion

roast red peppers

mixed peppers

blanched broccoli

green beans

beetroot

mangetout

peas

vine tomatoes

gherkins

spiced chick peas

sweet corn

sun dried
tomatoes

marinated olives

free range boiled
egg

dressed baby
potatoes

+ deli (1)

crayfish

smoked salmon

real roast chicken

prawns

tuna

lardons of bacon

white cheddar

mozzarella

goats cheese

parmesan

avocado salsa

feta

+ garnish (1)

mixed seeds

pumpkins seeds

sunflower seeds

mixed sesame
seeds

croutons

walnuts

capers

red chilli

pine kernels

+ dressings (1)

caesar

thai

french

sherry
vinaigrette

blue cheese

walnut oil

lemon

dark sesame

balsamic
vinaigrette

extra €0.50

extra €1.00

hot beverages

illy coffee / tea

tea / herbal tea

latte / cappuccino

americano / espresso / macchiato



reg large

€1.95

€2.20 €2.70

€1.95 €2.45