



TOSS'D noodles & salads

At TOSS'D Noodles & Salads we make wholesome food that is prepared & cooked in our fully open kitchen in the chq building daily, want to see it? Come watch us cook!

We know the fresher the ingredients, the better the taste & nutritional value which makes our food not only more flavoursome but healthier for you.

Our mission is fresh natural ingredients, simply prepared, right before your eyes.

Open from 7am to 7pm serving hot & cold breakfasts, tasty hearty lunches, afternoon tea/coffee & early evening suppers, all to eat-in or carry-out.
(phone orders dial 01 8291607)

hot noodle dishes

chili vegetable noodles

deep fried tofu, button mushrooms, courgette, mixed peppers, spring onion & flat rice noodles with hot & sour sauce

€8.45

roast teriyaki chicken

sliced roast teriyaki chicken stir fried with shanghai egg noodle, mixed peppers, onion, leek, mushrooms & daikon with grapes, pickled ginger & teriyaki sauce

€9.45

cinnamon beef noodles

fragrant cinnamon & star anise beef with ramen egg noodle, choy sum, onion, carrot & dill in five spice sauce & wasabi oil

€9.45

prawn yakisoba

marinated prawns stir fried with soba buckwheat noodle, onion, mixed peppers, mushrooms & mangetout in yakisoba sauce

€9.45

chicken phad thai

traditional thai stir fried flat rice noodle with chicken, fried tofu, leek, carrot, bean sprouts & toasted peanuts

€9.45

crayfish coconut curry with korean potato noodles

crayfish, samphire & mangetout cooked in coconut milk with galangal, chili, lemongrass & coriander

€9.95

singapore fried noodles

marinated prawns & char sui pork in lightly curried singapore sauce with leeks, mixed peppers, bean sprouts & thin rice noodles

€9.45

fried rice dishes

vegetable & cashew nut fried rice

egg fried rice with broccoli, onion, carrot, mangetout & mixed peppers with oyster sauce & cashew nuts

€9.45

TOSS'D seasonal stir fry (changes daily)

€9.45

thai curry

TOSS'D thai curry (changes daily)

€9.45

pasta dishes

fusilli with pancetta & rocket

stir fried short spiral noodles with bacon, pink peppercorns, rocket leaves & parmesan

€9.45

creamy fresh basil pesto linguine

slender flat egg noodles with fresh basil pesto, mascarpone cheese & parmesan

€8.45

fettuccini with porcini mushroom sauce

with mascarpone cream sauce, mushrooms & parmesan cheese

€8.45

soups

thai chicken & coconut soup

€5.95

seasonal soup (changes daily)

€5.95

ready to go salads

€7.50

our tossed salad dressings are served separately so if you would prefer you can dress your salad with an alternative one

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 thai lemongrass, chilli & lime 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

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, toasted walnuts & mixed lettuces with walnut oil dressing

create your own salads

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

+ garnish (1)

mixed seeds

pumpkins seeds

sunflower seeds

mixed sesame
seeds

croutons

walnuts

capers

red chilli

raisins

pine kernels

+ dressings (1)

caesar

thai

french

sherry
vinaigrette

blue cheese

walnut oil

lemon wholegrain

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