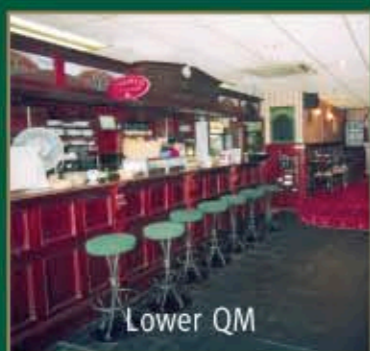
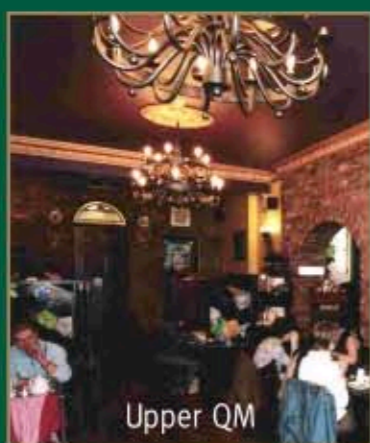


The Quiet Moment

Tea Rooms & Sandwich Bars



M E N U

☕ Everyone's Cup of Tea ☕

Upper Main Street, Letterkenny, Co. Donegal. Tel: 074 9128382
Lower Main Street, Letterkenny, Co. Donegal. Tel: 074 9127401

Beverages

Tea (Pot for one)	2.00
Tea (Pot for two)	3.50
Tea (Pot for three)	5.00
<i>*Selection of Herbal Teas available</i>	
Coffee (mug) Freshly Brewed Bewley's	2.00
Cappuccino	
With Freshly Ground Bewley's Coffee Beans	2.50
Espresso	
With Freshly Ground Bewley's Coffee Beans	2.20
Drinking Chocolate (mug)	2.50
QM White Coffee (mug)	2.50
Bottled Spring Water	2.00
Milk	1.50
Orange Juice/Apple Juice	1.50
Coke • Fanta • 7Up • Club Orange • Iron Bru	2.00
Kuluna Carton of Juice	1.00

Cold Salads

Prawn	9.50
Chicken	8.75
Ham	8.50
Tuna	7.50
Chicken & Ham	9.50
Please ask for dressings: Honey Mustard / French / Caesar	
Sorry No Half Portions Available	
Egg Mayonnaise (main)	6.50
Egg Mayonnaise (starter)	4.25
All Salads consist of a fresh bed of lettuce, Coleslaw, Potato Salad, Egg, Tossed Salad, Cheese, Beetroot, Onions & Homemade Wheaten Bread.	

Homemade

Soup of the Day	3.95
Soup & Roll	4.25
Please Ask for Soup of the Day Before Ordering. Our Soup is freshly made every day on our premises.	

Hot Food Specials

Homemade Lasagne	9.25
Served with side salad, coleslaw and French Fries/Garlic Bread	
Homemade Bacon Quiche *	9.25
Served with side salad, coleslaw and French Fries/Garlic Bread	
Chicken Goujons	8.75
Served with side salad, coleslaw and French Fries/Garlic Bread	
Chicken Fillet Burger	8.75
Served with side salad, coleslaw and French Fries/Garlic Bread	
Bacon, Sausage, Egg, Beans & Chips	8.75
2 Bacon, 2 Sausage, Egg, Beans & Chips.	
Sausage, Egg & Chips	6.95
2 Sausage, Egg & Chips.	
Lunch Specials - see black board or ask your server.	
* When available	
Southern Fried Cajun Wrap	8.75
Served with Chips & Salad.	

Side Orders

French Fries	3.00
Garlic Fries	3.25
Potato Wedges	3.00
Mixed Salad	2.50
Portion of Beans	1.00
Portion of Coleslaw	2.00
Garlic Bread	2.95
Garlic Bread with Cheese	4.25



Office Platters available - please ask

Take Out Service Available

Why not jump the queue by ordering your Take-Out by phone:

074 - 9128382

Thank you for coming in, we hope you find our surroundings pleasant & comfortable.

Open: Mon. to Sat. 8am to 6pm

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QM Breakfasts

Full Irish Breakfast	7.95
2 Bacon, 2 Sausage, White Pudding, Fried Egg, Hash Brown, Toast or Wheaten Bread. Tea or Coffee Included. Beans Extra 1.00	
Small Breakfast	6.25
1 Sausage, 1 Bacon, 1 Egg, Hash Brown, Toast or Wheaten Bread. Tea or Coffee Included	
Breakfast Baguette	5.25
2 Sausage, 1 Bacon, 2 Eggs	
Large Breakfast Bap	4.75
2 Sausage, 1 Bacon, 1 Egg	
Open Egg/Scrambled Egg/Poached Egg on Toast	4.75
2 Slices of Toast - Butter & Marmalade	1.75
BLT Croissant	4.50
Croissant with Bacon, Shredded Lettuce, Tomato & Mayo	
Continental Breakfast	5.00
Cornflakes/All Bran/Special K, 2 slices of toast, served with tea/coffee	
Beans on Toast	3.00
Cereal	2.00
Cornflakes/All Bran/Special K/Rice Krispies	
Vegetarian Breakfast Available - Please Ask	
Hot Sausage Roll	1.25

House Specialities

QM B.L.T.	6.95
3 Toasted Slices of Fresh bread with butter & Mayo, Back Bacon, Crisp Iceberg Lettuce, Fresh Tomatos all served quartered	
Hawaiian Toast	4.95
2 Toasted Slices (Ham, Pineapple & Melted Cheese)	
Hawaiian Triple Decker	6.95
3 Toasted Slices (Ham, Pineapple, Cheese, Mixed Salad & Mayo)	
QM Italian Toast	4.95
2 Toasted Slices W/B Bread (Pepperoni, Sweetcorn, Peppers, Pineapple with Melted Cheese)	
QM Italian Toast Triple Decker	6.95
3 Toasted Slices W/B Bread (Pepperoni, Sweetcorn, Peppers, Pineapple with Melted Cheese)	
QM Classic	6.95
3 toasted slices, butter, chicken, ham, mixed salad and mayonnaise.	
QM Club Upper Deluxe	6.95
3 toasted slices, mayonnaise, back bacon, sliced ham, sliced egg, grated cheese with Quiet Moment mixed salad.	
Open Chicken Sandwich	6.95
Wheaten Bread Topped with Chicken Breast & Mayo & served with a side salad.	
Open Prawn Sandwich	7.75
Wheaten Bread Topped with Prawn Marie Rose Sauce on Iceberg Lettuce with Coleslaw & Tomato	
Chicken & Ham Triple Decker	6.95
Three toasted slices buttered with wholegrain mustard, shredded lettuce, Chicken, Ham & Mayo.	
Vegetarian Classic	6.95
3 toasted slices with butter, mayonnaise, tomato, cheese, cucumber, lettuce & pineapple	
NEW Sweet Chilli Deluxe	6.95
3 toasted slices buttered, chicken, bacon, red onion, melted cheese, sweet chilli sauce & mayo	
NEW Ballymaloe Club Sandwich	6.95
3 toasted slices buttered with Smokey bacon, tomato, peppers, red onion, lettuce & Ballymaloe country relish.	
NEW Cajun Chicken Triple Decker	6.95
3 toasted slices buttered with Cajun Chicken, peppers, sweetcorn, cheese & mayo.	



Tortilla Wraps . Paninis .

Hot Chicken Fajita	6.75
Hot chicken goujons in a Tortilla wrap served with Quiet Moment mixed salad and a sauce of your choice - Sour Cream / Garlic Dip / Mayonnaise / Sweet Chilli / Barbeque /	
Chicken Salsa Wrap	6.75
Chicken, Lettuce, onion & Peppers with Salsa sauce.	
Chicken Tikka Wrap	6.75
QM mixed salad, chicken breast with tikka sauce.	
NEW Taco Chicken Wrap	6.75
Chicken breast, QM mixed salad, with taco sauce.	
NEW House Panini	6.75
Pesto, goats cheese and smoked bacon and side salad.	
Chicken & Sundried Tomato Panini	6.75
Topped with melted cheese and served with side salad.	
Sweet Chilli Chicken Panini	6.75
Chicken, red peppers, melted cheese, sweet chilli sauce & side salad.	
Peppered Chicken Panini	6.75
Chicken, black pepper with melted cheese and side salad.	
NEW Mexican Panini	6.75
Chicken, red peppers, onions, melted cheese, salsa sauce and side salad.	
NEW Tuna Melt Panini	6.75
Tuna, red onion, sweetcorn, melted cheese, mayo and side salad.	
Pizza Baguette	6.75
Pepperoni, Ham, Sweetcorn, Peppers, Melted Cheese & Side Salad.	



Homemades

All freshly baked in-house daily

Fruit Scone, Soda & butter	1.20	Homemade Pastries	1.20
Scone with Fresh Cream	extra 50c	Preserve	20c
Fresh Croissants	1.20		
(Fillings Extra)			



QM	• Baguettes	4.50
	• Granary/White Baps	4.50
	• Fresh Cut Sandwiches	4.25

You Pick • We Mix

ANY 2 FILLINGS OF YOUR CHOICE

HAM • CHICKEN • BACON • PEPPERONI • SAUSAGE • SMOKEY BACON
• CHICKEN & PEPPERS • CHICKEN SALSA • CHICKEN & PESTO • GOATS CHEESE

TUNA • PRAWNS (Prawns 1.00 extra)

LETTUCE • MIXED SALAD • CUCUMBER • GRATED CHEESE • TOMATO • PEPPERS
SWEETCORN • ONIONS • SUN-DRIED TOMATOES • PINEAPPLE • BEETROOT EGG
MAYONNAISE • CHICKEN TIKKA • CHICKEN SALSA • CHICKEN SUPREME

DIPS 0.50

All Extra Fillings 50c Mayonnaise, Mustard, available, please ask.

Kids Selection

Beans on Toast	3.00
Soup & Potatoes	3.95
Sausages & Fries	4.25
Chicken Nuggets & Fries	4.50
Sausage Roll	1.25



Desserts

Home-made Apple Pie & Fresh Cream/Custard	3.95
Rich Chocolate Fudge Cake	3.95
Apple Crumble	3.95
Selection of Homemade Pastries	1.20
Joe Jackson Ice-Cream	3.00

