



Add Rowans to your Favourites today

Hot & Cold Catering For All Occasions



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# Breakfast

## Rowans Full Irish Breakfast

Crispy Bacon  
Irish Pork Sausage  
Irish Black Pudding  
Irish White Pudding  
Egg

Breakfast Roll, Breakfast Sandwich, Breakfast on a Plate

You can choose any combination to make your delicious Breakfast Roll or Sandwich from our selection of speciality breads and rolls



## Rowans Monster Muffins, Danish Pastries, Croissants

Blueberry Muffin  
Toffee & Apple Muffin  
Triple Chocolate Muffin  
Mixed Berry Muffin  
Carrot Cake Muffin  
Yoghurt Muffin  
Glazed Fruit Danish Pastry  
Glazed Apple Danish Pastry

## Rowans Freshly Squeezed Orange Juice

Individual bottle or 1 ltr bottle



# Lunch

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## Rowans Homemade Soup of the Day

### Gourmet Sandwich, Baguette Roll or Wrap

The choice is endless with a favourite filling for your sandwich, roll or wrap.

We stock a selection of Homebaked Hams, Roast Beef, speciality Salamis, Turkey Crown, Breast of Chicken, and freshly poached Salmon.



**Rowans Salad counter** is a mouth watering delight of freshly prepared salads to accompany your sandwich, roll or wrap.

## Rowans Homemade Cakes & Scones

Caramel Slice, Almond bun, Almond Slice, Pecan & Almond Slice,



Chocolate & Caramel Crispy Slice, Selection of Monster Muffins, Fruit Danish Pastry, Apple Danish Pastry, Fruit or Brown Scone, Fresh Cream Cakes – Cream Doughnut, Chocolate Cream Éclair, Sliced Lemon Cheesecake, Sliced Strawberry Cheesecake.

## Beverages

Freshly Ground Coffee, Latte Coffee, Cappuccino Coffee

Rowans Freshly Squeezed Orange Juice

Still Water or Sparkling Water

Minerals



# Dinner

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## Rowans Homecooked Meals

- Rowans Irish Stew with lean beef, potatoes & vegetables
- Chicken Curry served with White or Saffron Rice
- Chicken Á La King served with White or Saffron Rice
- Chicken Jalfrezi served with White or Saffron Rice
- Beef Stroganoff served with White or Saffron Rice
- Beef Stir Fry served with White or Saffron Rice
- Beef Lasagne
- Vegetarian Lasagne
- Roast Chicken with stuffing
- Poached Fresh Salmon
- Quiche - Ham & Cheese
- Quiche - Vegetarian
- Quiche - Chicken & Mushroom
- Quiche - Salmon & Broccoli
- Cottage Pie
- Chicken & Mushroom Pie
- Chicken & Leek in a White Wine Sauce Pie
- Large Vol Au Vents



**All dishes are individually portioned or come in larger portions for party catering for your special event**

**All our ingredients are locally sourced**

# Salad Counter

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Rowans salads are prepared on the premises with the freshest of vegetables and fruit delivered from the market Monday through to Saturday.

## Rowans Coleslaw

Crispy shredded cabbage and grated carrot tossed with our own recipe mayonnaise

## Rowans Potato Salad

Freshly cooked potatoes mixed with spring onion tossed with our own recipe mayonnaise

## Rowans Summer Salad

Freshly chopped cucumber, red peppers, yellow peppers, green peppers, onion, sweetcorn, vine tomatoes and marinated in its own natural juices



## Broccoli & Carrot Salad

Freshly chopped broccoli and grated carrot tossed with our own special French dressing

## Green Salad

Freshly shredded iceberg lettuce, sliced vine tomatoes and thinly sliced cucumber

## Greek Salad

Freshly chopped cucumber, vine tomatoes, black olives, red onion, feta cheese tossed in our own special French dressing



# Salad Counter

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## Rowans Dijon Chicken Salad

Cold cooked chicken breast chopped with diced celery, onion, diced peppers and tossed in our own special Dijon dressing

## Pasta & Pepper Salad

Fusilli Pasta with diced yellow peppers and red peppers tossed with our own special Fresh Dressing



## Pasta & Pesto Salad

Fusilli Pasta tossed in our own special rich flavoured pesto sauce

## Sundried Tomatoes Salad

Sundried Tomatoes tossed in Extra Virgin Olive Oil

## Courgette & Carrot Salad

Fresh green courgettes diced with grated carrot and tossed in our own special French dressing

## Egg Mayonnaise

Fresh boiled eggs chopped and mixed with chopped vine tomatoes and dressed with mayonnaise

# Salad Counter

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## Fresh Fruit Salad

Freshly chopped melon, Irish strawberries, mixed berries, orange, mandarin, red apple, green apple marinated in its own juices

## Chicken Tikka Salad

Cold Cooked Chicken Breast chopped and tossed with our own special Tikka sauce

## Tuna & Onion Salad

Freshly chopped onion and tossed into Tuna dressed with mayonnaise

## Tuna & Sweetcorn Salad

Freshly cooked sweetcorn and tossed into Tuna dressed with mayonnaise



## Roasted Mixed Peppers Salad

Roasted yellow peppers, roasted red peppers tossed in Extra Virgin olive oil

## Roasted Aubergine Salad

Roasted succulent aubergines tossed in Extra Virgin olive oil



# Dessert

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## Scrumptious Desserts

Homemade Apple Tart  
Homemade Rhubarb Tart  
Pear & Almond Tart  
Lemon Cheesecake  
Strawberry Cheesecake  
Baileys Cheesecake  
Round Gateaux Diane  
Round Fresh Cream Sponge Cake  
Fresh Cream & Fruit Pavlova  
Black Forest Gateaux  
Rowans Guinness Fruit Brack  
Rowans Carrot Cake  
Monster Muffins - Selection  
Almond Pastry Bun  
Almond Shortbread Slice  
Pecan & Almond Shortbread Slice  
Chocolate Caramel Shortbread Slice  
Chocolate Caramel Crispy Slice  
Chocolate Viennese Slice  
Danish Pastry - Delicious Selection

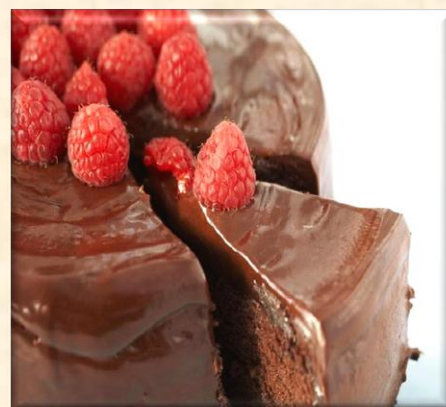


## *Occasion Cakes*

Chocolate Fudge - Full Sheet (12" x 20") - 30 portions  
Chocolate Fudge - Half Sheet (12" x 10") - 15 portions  
Gateaux Diane - Full Sheet (12"x 20") - 30 portions  
Gateaux Diane - Half Sheet (12" x 10") - 15 portions  
Fresh Cream Sponge Cake - Full Sheet (12" x 20")- 30  
Fresh Cream Sponge Cake - Half Sheet (12" x 10") - 15

**Only Fresh cream is used for our  
cakes**

**Apples sourced in Ireland**



# Savouries

- Large Vol Au Vents
- Ham & Pineapple Pizza Slice
- Vegetarian Pizza Slice
- Ham & Cheese Croissant
- Tomato & Cheese Croissant
- Sausage Rolls
- Garlic Bread
- Rowans Pate on Brown Bread
- Rowans Homemade Fish Cakes
- Savoury Baked Potato with Cordon Bleu Sauce



## Cheeses

Rowans stocks a wide variety and selection of cheeses for the discerning palate.

Cambozola  
Emmental  
Feta  
White Cheddar  
Red Cheddar  
Mature Cheddar, Stilton, Brie,  
and many more

## Rowans Cheese Platter

Rowans Cheese Platter dressed with grapes & crackers for all your party catering

Beautifully presented on a silver platter ready to serve



# Sandwich Platter

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Our sandwich platters are prepared to order for corporate lunches, bereavements, special celebrations, communions, confirmations and family gatherings.

## Our most popular sandwich choices

- Rowans Special Chicken Salad & dressed with lettuce
- Rowans Homecooked Baked Ham & dressed with salad
- Rowans Homecooked Turkey Breast & dressed with salad
- Breast of Chicken with Rowans homemade breaded stuffing with herbs
- Vegetarian Choice -Rowans Homemade coleslaw, sliced tomato, sliced cucumber & iceberg lettuce
- Swiss cheese, sliced tomato, cucumber & iceberg lettuce
- Tuna & onion dressed with a little mayonnaise sauce & lettuce
- Tuna & sweetcorn dressed with a little mayonnaise sauce & lettuce
- Gourmet Salami, emmental cheese & lettuce
- Egg & tomato mayonnaise
- Poached Salmon & cucumber with lettuce and dressed with a little mayonnaise
- Rowans Baked Ham, cheddar cheese and dressed with a tasty relish sauce
- BLT - Crispy Bacon, sliced tomato, iceberg lettuce dressed with a little mayonnaise
- Breast of Chicken with Crispy Bacon dressed with salad
- Rowans Pâté with Sundried Tomatoes



**Beautifully presented  
on a silver platter ready  
to serve**



### **Fresh Fruit Platter**

Rowans only choose the freshest fruit and berries delivered daily from the market for our fresh fruit platter

### **Rowans Pâté on Brown Bread Platter**

### **Smoked Salmon on Brown Bread Platter**

Beautifully presented on a silver platter ready to serve

### **Cold Meat Platter**

Homecooked Baked Ham, Roast Beef, Salami platters are ideal for party catering for your special event

Beautifully presented on a silver platter ready to serve



### **Dressed Salmon Platter**

Fresh Salmon dressed beautifully and presented on a silver platter ready to serve



# Gift Hampers

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*Looking for the Perfect Gift?*

*Rowans offer the finest*

- Gourmet Fine Food Hamper
- Wine Hamper
- Gourmet Fine Food & Wine Hamper
- Wine & Spirit Hamper



- Cheese & Wine Hamper
- Corporate Hamper

*Beautifully decorated  
and ready to impress!*

- Fresh Fruit Hamper
- Mother's Day Hamper
- Father's Day Hamper
- Christmas Hamper

- Valentines Champagne & Butlers Chocolate Hamper
- Christmas Pudding Hamper
- Client Special Request Hamper

**Rowans Gift Voucher**

- Rowans Fine Food Gift Vouchers

## World Wines, Champagnes, Beers & Spirits

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### Wines & Champagnes

Australian  
Chilean  
French  
Italian  
New Zealand  
South African  
Spanish  
To name but a few

### Beers, Lagers, Stout

Carlsberg  
Heineken  
Guinness  
Coors and many more

### Spirits & Liqueurs' & Ports

Bacardi  
Baileys  
Cork Dry Gin  
Crested Ten Whiskey  
Paddy Power's Whiskey  
Jameson Brandy  
Sandeman Port  
Smirnoff Vodka

