



BREAKFAST SERVED 8AM - 12PM

ORGANIC PORRIDGE €7.50

TRADITIONAL FRY UP €14

2 pork sausages, 2 fried eggs, smoked bacon, white and black pudding, baked beans and a hash brown with choice of toast.

BREAKFAST BAP €9.50

2 pork sausages, smoked bacon, fried egg, Ballymaloe relish on multi-grain bap.

BREAKFAST BURRITO €12

Pork sausage, spicy chorizo sausage, smoked bacon, cheese, scrambled eggs with avocado and jalapeño salsa dressed with sriracha sauce.

CLASSIC SCRAMBLED EGGS €8.50

ADD SMOKED SALMON or BACON + €2.50

EGGS BENEDICT €13

2 poached eggs, creamy hollandaise sauce on sourdough bread - **CHOOSE YOUR STYLE:**

AVOCADO & SPINACH or **SMOKED SALMON** or **SMOKED BACON**

HOMEMADE SAUSAGE ROLLS €6.50

Hot and tasty - **CHOOSE YOUR STYLE:**

JALAPEÑO & CHEESE or **HOUSE SPECIAL SPICE** or **VEGAN SAUSAGE ROLL**

EXTRA AVOCADO + €2.50

EXTRA SAUSAGE / BACON / EGG + €1 each

GOURMET SANDWICHES

CAJUN CHICKEN €10.95

Baby spinach, red onion, feta cheese, avocado and tomato salsa on Bretzel Bakery brown sourdough bread.

TURKEY & CHORIZO MELT €10.95

Cranberry sauce, spicy chorizo sausage, smoked Gubbeen cheese, baby spinach and tomato on Bretzel Bakery sourdough bread.

THE TUNA MAYO €9.95

House-made tuna, red cheddar cheese, red onion, rocket salad on brown bread.

THE VEGETARIAN €9.95

Oven-roasted vegetables, beetroot salad, goat's cheese and rocket salad on ciabatta.

PULLED PORK BAP €10.95

House-made pulled pork, apple and celeriac slaw, red onion, smoked Gubbeen cheese and cos lettuce.

MEATBALL SUB €10.95

Homemade meatballs, Gruyère cheese, old-fashioned slaw, jalapeño peppers and rocket salad on Bretzel Bakery baguette.

CLUB TRIPLE DECKER €9.95

Streaky bacon, poached chicken, cheddar cheese, tomato, cos lettuce with chipotle mayo on white bread.

ITALIAN €9.95

Choice of Prosciutto or salami, sun-dried tomatoes, Gruyère cheese, and rocket salad on Bretzel Bakery bread.

**ANY FEATURED SANDWICH & SOUP
ONLY €12.95**

HOT FOOD

SOUP OF THE DAY €6

Served with a slice of bread.

CHICKEN PIE €14.95

Chicken pie served with baby potatoes and a choice of one gourmet salad.

HOMEMADE QUICHE €12.95

Homemade quiche served with a choice of one gourmet salad.

BEEF & VEG STEW €16.95

Beef with carrots, onions, and potatoes served with mash & brown bread.

ALL DAY BRUNCH €14

2 pork sausages, 2 fried eggs, smoked bacon, white and black pudding, baked beans and a hash brown with choice of toast.

CAESAR SALAD €12.95

House Caesar salad with cos, Parmesan, bacon and croutons with Caesar dressing.

ADD CHICKEN + €3

LASAGNA 15.95

Layered pasta in a creamy sauce, topped with mozzarella, served with roast potatoes and side salad.

PESTO PASTA DISH €12.95

Fusilli pasta coated in a rich, creamy pesto sauce infused with parmesan cheese.

ADD CHICKEN + €3

VEGAN OPTIONS

VEGAN BURRITO €12

2 vegan sausages, homemade avocado and jalapeño salsa, red kidney beans, vegan mozzarella cheese, and baby spinach dressed in vegan Chipotle mayo.

VEGAN SOURDOUGH SANDWICH €9.95

Vegan sausages, mozzarella cheese, tomato salsa, and rocket salad on Bretzel bakery bread dressed with vegan Chipotle mayonnaise.

VEGAN SAUSAGE ROLLS €6.50

Homemade vegan sausage rolls with chef’s special spices.

VEGAN SALAD BOX €10.95

Carrot and orange salad, tomato salsa, avocado rocket and baby tomato, roast vegetables and baby spinach.

VEGAN PORRIDGE €7.50

Porridge made with almond milk, fresh berries, peanut butter, mixed seeds and maple syrup.

VEGAN CAKE OF THE DAY €4.50

SALADS

LARGE SALAD PLATE €10.95

Please choose 5 different items from our gourmet salad selection.

MEDIUM SALAD PLATE €9

Please choose 3 different items from our gourmet salad selection.

.....

EXTRA DRESSING + 50c

SMOOTHIES

BREAKFAST BOOST	€6.50
Peanut butter, banana milk, honey, oats, frozen mango and passion fruit.	
AVOCADO MOJITO	€6.50
Avocado, spinach, frozen yoghurt, fresh mint, banana, lime and orange juice.	
VEGAN TROPICANA	€6.50
Coconut milk, banana, frozen mango, passion fruit, cashew nuts, and orange juice.	
MIXED BERRY	€6.50
Banana, frozen yoghurt, frozen berries and orange juice.	

HOT BEVERAGES

	REGULAR	LARGE
FLAT WHITE	€3.80	
CAPPUCCINO	€4	€4.40
LATTE	€4	€4.40
AMERICANO	€3.70	€3.90
MOCHA	€4.20	€4.70
HOT CHOCOLATE	€4.20	€4.70
ESPRESSO		€3.20
CHAI LATTE	€4.20	€4.70
ICED COFFEE	€4.20	€4.70
MOCHA FRAPPÉ		€5.20
SALTED CARAMEL		€5.20
VEGAN CHAI FRAPPÉ		€5.20
TEA	€3.40	

CAKES

CARROT CAKE	€4.50
LEMON & COCONUT	€4.50
BROWNIE	€4.50
CHOCOLATE BISCUIT	€4.50
APPLE CINNAMON	€4.50
MIX BERRY CAKE	€4.50
BANANA BREAD	€4.50
ALMOND CROISSANT	€3.95
PLAIN CROISSANT with Jam & Butter	€3.50
HOMEMADE SCONE with Jam & Butter	€3.50
MUFFINS	€3.50
PROTEIN BALLS	€3.25