



Breakfast Served from 8am Monday-Saturday

Slow-cooked Creamy Organic Porridge - Maple roast pecans - fresh berries and honey €7.95

House Granola - Toasted crunchy muesli - fresh seasonal berries, maple roast pecans, natural yogurt and a drizzle of fresh honey €7.95

Veggie Breakfast Bap - Grilled halloumi, Soft fried egg, lime & sea salt Smashed avocado with, relish & rocket on a Brioche Bap €9.50

Breakfast Bap – Sausage, bacon, homemade chutney, rocket & a soft egg on a Brioche Bap €9.50

French Toast - Hickory Bacon & Maple Syrup €10.50

Betelnut Big Breakfast Hickory Smoked Bacon, Sausage, Clonakilty Black & White pudding, Mushrooms- Roast Tomato, Soft fried egg and Sourdough toast €13.50.

Breakfast Burrito Organic scrambled eggs, lemony herby mushrooms, sausages, smashed avocado & harissa €9.50

Veggie Breakfast Burrito Organic scrambled eggs, lemony herby mushrooms, smashed avocado, halloumi & harissa €9.50

Smashed Avocado & Lime - crumbled feta, cherry tomato salad on toasted sourdough bread topped with a soft poached egg €11.50

Organic Poached Eggs – Bacon, Cherry Tomato, Relish and Toast €9.50

Lunch

Freshly Prepared Soup of the day €6.95

Chicken Goujons

Chilli sauce - garlic mayo & Salad with Skinny fries €11.50

Deep fried honey & thyme Goats Bon-Bons

Dressed leaves, pomegranate, caramelised walnuts & beetroot €11

Sandwiches

Three Cheese Toastie- cheddar- Brie -Parmesan and chilli jam

Smoked Salmon Capers, Cream Cheese, poppy seeds on Soda bread.

BLT grilled bacon - tomato - Dubliner cheddar and leaves

Chicken basil pesto mayo & mixed greens

Chicken - stuffing, brie- baked ham- chilli jam & lemon mayo

Chicken crispy bacon avocado tomato & chilli lime mayonnaise

Home baked honey roasted Ham cheddar- tomato - spring onion.

Goat's cheese red peppers - caramelised red onion - pesto - leaves

Brie warm bacon - tomato & caramelised red onion

Vegan Toasty - cherry tomatoes, sun-dried pesto, smashed avocado & vegan mozzarella

All Sandwiches €9.50 – Add a cup of Soup or a side of Fries €3.50

Fries Skinny Fries €5.50

Salads

Superfood Salad – Leafy Greens, Roast Sweet Potato - Pumpkins Seeds – Avocado - Lemony Carrots - Feta Cheese & balsamic reduction €12.50

Caesar salad Crispy Bacon Mixed leaves - garlic croutons - parmesan cheese - homemade Caesar dressing €11.50

Toasted Goats Cheese Toasted goats' cheese - mixed leaves - caramelised red onion – cherry tomatoes – walnuts - red peppers and a homemade basil pesto dressing €12.50

Wraps

Homemade falafel -cucumber –spinach -hummus and harissa mayo €10.50

Halloumi - grilled veg-lemon pesto - leafy greens & a side of hummus €10.50

Chicken - sun-dried tomato - parmesan & basil pesto dressing €10.50

Chicken bacon - parmesan & Caesar dressing €10.50

Goats cheese - pomegranate, red peppers, lemon pesto and leaves €10.50

Chicken Goujon - cheddar - cucumber – sticky onions, Garlic Mayo €10.50