



**Breakfast** *Served from 8am – 12 Monday-Saturday*

**Slow-cooked Organic Porridge** - Maple roast pecans - fresh berries and honey €9.90

**House Granola** - fresh berries, maple roast pecans, natural yogurt, and a drizzle of fresh

honey €7.50 **Veggie Breakfast Bap** - Grilled halloumi, Soft fried egg, lime & sea salt Smashed avocado, relish & rocket on a Brioche Bap €10.50

**Breakfast Bap** – Sausage, bacon, homemade chutney, rocket & a soft egg on a Brioche Bap €10.50

**French Toast** – Hickory Bacon & Maple Syrup €12.50

**Betelnut Big Breakfast** - Hickory Smoked Bacon, Sausage, Clonakilty Black & White pudding, Mushrooms- Roast Tomato, Soft fried egg, and Sourdough toast €14.50

**Breakfast Burrito** - Organic scrambled eggs, lemony herby mushrooms, sausages, smashed avocado & harissa €11.50

**Veggie Breakfast Burrito** - Organic scrambled eggs, lemony herby mushrooms, smashed avocado, haloumi & harissa €11.50

**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 €5.95

Chicken Goujons

Chilli sauce - garlic mayo with Skinny Fries €11.00

Deep fried honey & thyme crispy Goats cheese Bon Bons

Dressed leaves, pomegranate, caramelised walnuts & beetroot €11

## Sandwiches

**Smoked Salmon** capers, poppy seeds, beetroot, pomegranate seeds, soda bread

**Three Cheese Toastie**- cheddar- brie -parmesan - chilli jam smothered in butter

**BLT grilled bacon** - sliced tomato - shaved cheddar and leafy greens

**Chicken** - basil pesto mayo & mixed greens

**Chicken** - stuffing - melted brie - baked ham - chilli jam & lemon mayonnaise

**Chicken** - crispy bacon - avocado - tomato & chilli lime mayonnaise

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

**Goats cheese roasted red peppers** - caramelised red onion - pesto - mixed leaves

**Brie warm bacon** - tomato & caramelised red onion

**Vegan Toasty** - cherry tomatoes, sundried pesto, smashed avocado & vegan mozzarella

All Sandwiches €9.95 – Add a cup of Soup €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 tzatziki and harissa mayo €10.50

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

**Chicken** - sundried tomato - parmesan & basil pesto dressing €10.50

**Caesar** – Chicken – Bacon - parmesan & Caesar dressing €10.50

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