



CALL & COLLECT MENU

Freshly Cold Pressed Juice / Very Berry Smoothie (2)	€4.50
Homemade Granola – Elderflower & Orange Greek Yoghurt, Strawberries, Organic Maple Syrup (2, 4A, 4C, 4T)	€5.90
Berry Acai Bowl – House Granola, Chai Jam, Banana, Peanut Butter, Coconut Chunks, Roast Cocoa Hazelnut Crumb (4B, 4C, 4T, 9, 10, 12)	€7.90
Organic GF Porridge – With Berry Compote, Almonds & Honey (2, 4A, T)	€7.90
Overnight Oats Special – Oats Soaked in Apple Juice With Blueberry Compote, Greek Yoghurt, Honey & Almond Butter, Raspberries, Toasted Pistachios (2, 4A, 4F, 4T)	€7.90
Organic GF Porridge – With Peanut Mascarpone, Berry Compote, Char-grilled Pineapple, Lime Infused Maple Syrup, Toasted Almonds, Cinnamon Sugar (2, 3, 4A, 4T, 10)	€7.90
Benedict – Poached Eggs, Breakfast Muffin, Crispy Bacon, Hollandaise Sauce (1A, 2, 3, 4T, 9, 13)	€11.50
Add Spinach (2)	+ €1.50
Add Sausage (1F, 13)	+ €3.00
Buttermilk Pancakes <u>or</u> Brioche French Toast – With Crispy Bacon, Organic Canadian Maple Syrup, Cinnamon Sugar (1A, 2, 3, 4T) – Peanut Mascarpone, Berry Compote, Char-grilled Pineapple, Toasted Almonds, Lime Infused Maple Syrup, & Cinnamon Sugar (1A, 2, 3, 4A, 4T, 10)	€11.90
Warm Herb Potato Salad with Black Pudding, Bacon Lardons, Herb Baby Potatoes, Poached Egg, Red Pepper, Parmesan, Lemon Oil (1F, 2, 3, 4T)	€11.90
Smashed Avocado on Sourdough – With Crispy Halluomi, Roast Cashew, Peanut & Chilli Dressing, Pickled Onions, Rocket, Toasted Seeds, With a Choice of Poached or Fried Eggs (1A, 1F, 2, 3, 4C, 4T, 10, 12, 13)	€12.90
Add Bacon (13)	+ €3.50
Add Smoked Salmon (8, 13)	+ €5.00
Cous Cous Salad – With Harissa Chicken, Roast Vegetables, Babaganoush, Smoked Garlic & Tahini Yoghurt, Flaked Almonds, Rocket	€12.90
Korean Style Chicken – Sesame Seeds, Chilli & Soya Dressing on a Brioche Bun, with a Carrot & Celeriac Slaw, Cos, Lime Mayo, Served with House Fries (1A, 2, 3, 4T, 5, 9, 12, 13)	€15.90
VP Beef Burger – With Cheese, Smoked Bacon Jam, Crispy Pickles, Rocket, Homemade Burger Sauce – Served With Skinny Fries & Garlic Mayo (1A, 2, 3, 4T, 6, 9, 13)	€16.90
Chicken Caesar – Crispy Bacon, Cos Leaves, Roast Pumpkin Seeds, Parmesan, House Dressing (2, 3, 4T, 13)	€11.90
Superfood Salad – Quinoa, Roast Sweet Potato, Pomegranate, Green Beans, Broccoli, Walnuts, Sunflower & Pumpkin Seeds, Candied Beetroot, Mixed Leaves, Whipped Honeyed Goats Cheese, Balsamic & Mint Dressing (2, 4H, 9, 12, 13)	€11.00
Add Chicken (2) <u>or</u> Add Falafel Balls (1A)	+ €2.00

KIDS MENU

Mini French Toast – With Bacon & Maple Syrup (1A, 2, 3, 4T) or Nutella (2, 4B, 9)	€8.90
Mini Pancakes (<i>Subject to Availability</i>) – With Bacon & Maple Syrup (1A, 2, 3) or Nutella (2, 4B, 9)	€8.90
Bacon or Sausage (1F, 13) & Toast (1A)	€8.90
Ham & Cheese Toasty – With Fries (1A, 2)	€8.90
Cornflake Chicken Goujons (1A, 2, 3) or Sausage (1F, 13) & Fries	€8.90
Cheeseburger & Fries (1A, 2, 4T, 12, 13)	€8.90

SIDES

Sweet Potato Fries Served with Spicy Mayo (3)	€5.90
Skinny Fries Served with Garlic Mayo (3)	€5.00
Cajun Fries Served with Regular Mayo (3, 5)	€4.00
Clonakilty Black Pudding or White Granby Pudding (1F, 4T)	€2.00
Garlic Mayo or Spicy Mayo (3)	€1.50

Most of our dishes can be cooked GF. All our beef is of Irish origin.

Food Allergens:

1 – Gluten: A – Wheat. B – Spelt. C – Khorasan. D – Rye. E – Barley. F – Oats. 2 – Milk. 3 – Eggs.
4 – Nuts: A – Almonds. B – Hazelnuts. C – Cashew. D – Pecan. E – Brazil. F – Pistachio. G – Macadamia. H – Walnuts. T – Traces. 5 – Celery. 6 – Mustard.
7 – Crustaceans: A – Crab. B – Lobster. C – Crayfish. D – Shrimp. 8 – Fish. 9 – Soya. 10 – Peanuts. 11 – Molluscs. 12 – Sesame. 13 – Sulphur Dioxide. 14 – Lupen.
All allergens are openly used throughout our kitchen, trace amounts may be present at all stages of cooking.