



# THE VANILLA POD

## ALL DAY BRUNCH

- Homemade Fruit / Pear & Almond Scone** (1A, 2, 3, 4) ..... €4.50
- Croissant / Almond Croissant / Pain Au Chocolat** (1A, 2, 3, 4) ..... €4.50
- Very Berry Smoothie** (2) ..... €4.50
- Homemade Granola** – Elderflower & Orange Greek Yoghurt, Strawberries, Organic Maple Syrup (2, 4A, 4C, 4T) ..... €9.90
- Berry Acai Bowl** – House Granola, Soya Yoghurt, Banana, Chai Jam, Roast Cocoa Hazelnut Crumb, Peanut Butter, Coconut Chunks, (4B, 4C, 4T, 9, 10, 12) ..... €9.90
- Organic GF Porridge** – With Berry Compote, Almonds & Honey (2, 4A, T) ..... €9.90
- Overnight Oats Special** – Oats Soaked in Apple Juice With Blueberry Compote, Greek Yoghurt, Honey & Almond Butter, Raspberries, Toasted Pistachios (2, 4A, 4F, 4T) ..... €9.90
- Organic GF Porridge** – With Peanut Mascarpone, Berry Compote, Char-grilled Pineapple, Lime Infused Maple Syrup, Toasted Almonds, Cinnamon Sugar (2, 3, 4A, 4T, 10) ..... €9.90

## EGGS

- Free Range Eggs & Toast** ..... €7.90  
Choose from Poached (3), Fried (3) or Scrambled (2, 3) on Sourdough (1A, 1B, 1E, 1F, 9) or Spelt Bread (1A, 1B, 1E, 12, 14)  
Add **Bacon** (13) + €3.50 | Add **Sausage** (1F, 13) + €3.50  
Add **Chilli Avocado** + €3.50 | Add **Smoked Salmon** (8) + €5.00
- Benedict** – Poached Eggs, Breakfast Muffin, Crispy Bacon, Hollandaise Sauce (1A, 2, 3, 4T, 9, 13) ..... €15.90  
Add **Spinach** (2) + €3.00 | Add **Sausage** (1F, 13) + €3.50
- Eggs Royale** – Poached Eggs, Breakfast Muffin, Smoked Salmon, Spinach, Hollandaise Sauce (1A, 2, 3, 4T, 8, 9, 13) ..... €17.90
- Breakfast Bap** – Crispy Bacon, Granby Sausage, Fried Egg, Buttered Waterford Blaa, Tomato Relish, Fries (1A, 2, 3, 4T, 13) ..... €15.90
- Warm Herb Potato Salad** – With Black Pudding, Bacon Lardons, Herb Baby Potatoes, Poached Egg, Red Pepper, Parmesan, Lemon Oil (1F, 2, 3, 4T) ..... €16.90
- Smashed Chilli 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, 1B, 1E, 1F, 2, 3, 4C, 4T, 9, 10, 12, 13) ..... €16.90  
Add **Bacon** (13) + €3.50 | Add **Smoked Salmon** (8, 13) + €5.00
- VP Full Breakfast** – With Fried Egg, Granby Sausage, Bacon, Black & White Pudding, Roast Tomato, Potato Hash, Mushroom & Toast (1A, 1F, 2, 3, 13) ..... €15.90

## PANCAKES OR FRENCH TOAST

- Buttermilk Pancakes or Brioche French Toast With:**  
– **Crispy Bacon**, Organic Canadian Maple Syrup, Cinnamon Sugar (1A, 2, 3, 4T) ..... €15.90
- **Peanut Mascarpone**, Berry Compote, Char-grilled Pineapple, Toasted Almonds, Lime Infused Maple Syrup, Cinnamon Sugar (1A, 2, 3, 4A, 4T, 10) ..... €15.90

## LUNCH

- Spicy Beef Burrito Bowl** – With Black Bean Rice, House Avocado, Baby Spinach, Pico De Gallo, Crème Fraîche, Corn Chips (2) ..... €17.90
- Korean Style Chicken** – Sesame Seeds, Chilli & Soya Dressing on a Brioche Bun, With a Carrot & Celeriac Slaw, Cos, Lime Mayo, Served With Skinny Fries (1A, 2, 3, 4T, 5, 9, 12, 13) ..... €17.90
- 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) ..... €18.90
- Chicken Caesar** – Crispy Bacon, Cos Leaves, Roast Pumpkin Seeds, Parmesan, House Dressing (2, 3, 4T, 13) ..... €16.90
- Superfood Salad** – Quinoa, Roast Sweet Potato, Pomegranate, Green Beans, Broccoli, Walnuts, Sunflower & Pumpkin Seeds, Candied Beetroot, Mixed Leaves, Feta Cheese, Balsamic & Mint Dressing (2, 4H, 9, 12, 13)  
With **Chicken** (2) or With **Falafel Balls** (1A) ..... €16.90

## SANDWICHES

- ..... €15.90  
All Served With a Choice of **Soup**, (2, 5) **Fries** or **Sweet Potato Fries** (+ €0.50) Served on Your Choice of Bread – **Wrap** (1A), **Spelt** (1A, 1B, 1E, 12, 14) or **Sourdough** (1A, 1B, 1E, 1F, 9)
- Spicy Beef Burrito Wrap** – With Black Bean Rice, House Avocado, Baby Spinach, Cheddar, Served With Crème Fraîche (1A, 2)
- Falafel Wrap** – With a Roast Pepper & Almond Mayo, Baby Spinach, Red Onion, Pomegranate (1A, 3, 4A, 4T, 9, 13)
- Chicken Caesar** – With Crispy Bacon, Cos Leaves, Roast Pumpkin Seeds, Parmesan, House Dressing (2, 3, 4T, 13)
- Superfood Salad Wrap** – With Quinoa, Roast Sweet Potato, Pomegranate, Green Bean, Broccoli, Walnuts, Sunflower & Pumpkin Seeds, Candied Beetroot, Mixed Leaves, Feta Cheese, Balsamic & Mint Dressing (2, 4H, 9, 12, 13)  
With **Chicken** (2) or With **Falafel Balls** (1A)
- Cornflake Chicken Goujons** – Cos, Red Onion, Cheddar, Mayo (1A, 2, 3, 4T, 13)
- House Toastie** – With Baked Ham, Dubliner Cheese, Tomato, Mayo, Red Onion on Sourdough (1A, 1B, 1E, 1F, 2, 3, 13)

## KIDS MENU

- Mini French Toast**  
With **Bacon & Maple Syrup** (1A, 2, 3, 4T) or **Nutella** (2, 4B, 9) ..... €9.90
- Mini Pancakes** (Subject to Availability)  
With **Bacon & Maple Syrup** (1A, 2, 3) or **Nutella** (2, 4B, 9) ..... €9.90
- Bacon or Sausage & Toast** (1A) ..... €8.90
- Ham & Cheese Toastie** (1A, 2) & **Fries** ..... €9.90
- Cornflake Chicken Goujons** (1A, 2, 3) or **Sausage** (1F, 13) & **Fries** ..... €9.90
- Cheeseburger & Fries** (1A, 2, 4T, 12, 13) ..... €9.90

## SIDES

- Sweet Potato Fries** Served With Spicy Mayo (3) ..... €6.90
- Skinny Fries** Served With Garlic Mayo (3) ..... €5.90
- Cajun Fries** Served With Regular Mayo (3, 5) ..... €5.90
- Garlic Mayo or Spicy Mayo** (3) ..... €2.00
- Extra Maple Syrup** ..... €2.00

### 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.