



MENU

SNACKS

- CROISSANT €3.00
(Contains Allergens 6 Wheat, 7, 11)
- PAIN AU CHOCOLATE €3.00
(Contains Allergens 6 Wheat, 7, 11)
- HOMEMADE SCONE SERVED WITH BUTTER AND JAM €3.50
(Contains Allergens 6 Wheat, 7, 11)
- HOMEMADE SCONE WITH WHIPPED CREAM, AND BERRY COMPOTE €4.95
(Contains Allergens 6 Wheat, 7, 11)
- SOUP OF THE DAY €7.95
(Contains Allergens 6 Wheat, 7, 9, 12)
- QUICHE/PASTRY OF THE DAY, SERVED WITH SUPER FOOD SALAD €11.95
(Contains Allergens 6 Wheat 3, 7, 9, 11, 12)
- SWEET TREATS OF THE DAY (INDIVIDUALLY PRICED)

LIGHT BITES & HEALTHY OPTIONS

- SUPER GREEN FRITTATA WITH SUPER FOOD SALAD €10.95
(Contains Allergens 7, 9, 11, 12)
- SPINACH, APPLE AND CUCUMBER SMOOTHIE €2.95
- RED BERRY, WATERMELON & LIME SMOOTHIE €2.95
- CLASSIC CAESAR SALAD €11.95
Torn roast chicken, smoked bacon, cos lettuce, rosemary croutons and Caesar dressing
(Contains Allergens 6 Wheat 3 Anchovy, 7, 9, 11, 12)
- CLASSIC SIGNATURE SANDWICHES €11.95
Served with large house salad or today's soup

SOUTHERN FRIED CHICKEN WRAP

Lettuce, tomato & garlic mayo
(Contains Allergens 6 Wheat, 7, 9, 11, 12)

RED BEAN TOASTED SPECIAL

Sliced Irish ham, Dubliner mature cheddar on sliced buttered sourdough,
topped with red onion, tomato & extra cheese
(Contains Allergens 6 Wheat 7, 9, 11, 12)

TUNA CLUB MELT

Tuna mayo with red onion, celery, dill & lemon, sliced avocado, lettuce, tomato &
grain mustard on wholemeal toast
(Contains Allergens 3 Tuna 6 Wheat, 7, 9, 11, 12)

MAKE YOUR OWN SANDWICH €7.95

with 2 fillings and garnished with a side of crisps

(Tuna, red onion, mayo, Irish ham, sliced cheddar, roast chicken, egg, tomato, lettuce, onion)

(Contains Allergens 3 Tuna, 6 Wheat, 7, 9, 11, 12)

Allergen Index

- | | | | | |
|---------------|-----------------------------|----------------------|----------------------|------------|
| 1 Crustaceans | 4 Peanuts | 7 Milk/milk products | 10 Sesame seeds | 13 Mustard |
| 2 Molluscs | 5 Nuts | 8 Soya | 11 Eggs | 14 Lupins |
| 3 Fish | 6 Cereals containing gluten | 9 Sulphur dioxide | 12 Celery & celeriac | |

BEVERAGES

CHOOSE FROM FULL FAT, SEMI SKIMMED OR PLANT BASED MILK

DOUBLE ESPRESSO €3.40
A shot of strong intense coffee, intense & full of flavour

AMERICANO €3.40
A rich black coffee made with espresso & hot water

CAPPUCCINO €3.95
Espresso with smooth, silky textured milk
Contains Allergens: 7

CAFÉ LATTE €3.95

ESPRESSO & STEAMED MILK

Contains Allergens: 7

SPECIALITY LATTE SELECTION €4.10
Vanilla / Roasted Hazelnut / Chocolate Chip Cookie /
Gingerbread / Salted Caramel / Toffee Nut / Ice Tea
Contains Allergens: 7

MOCHA €4.10
with Lashings of chocolate & milk
Contains Allergens: 7

ESPRESSO €3.95

FLAT WHITE

Steamed velvet milk over a double shot of espresso €3.95
Contains Allergens: 7

MACCHIATO €3.95

SINGLE SHOT OF ESPRESSO €3.95
Topped with frothed milk
Contains Allergens: 7

HOT CHOCOLATE €3.50
A cup of milky rich hot chocolate with marshmallows
Contains Allergens: 7

TRADITIONAL TEA €3.10
Blended of the finest tea leaves
Contains Allergens: None

SPECIALITY HERBAL TEA €3.75
A selection of infused loose leaf herbal teas Green Sencha / Roobios Blood Orange /
Ginger & Lemongrass / Strawberry & Mango / Irish Afternoon / Lapsang Souchony Osprey