



## all day brunch

### fig, baked banana, & coconut oat porridge



with whipped masala chai cashew cream & toasted almonds

€5.50

### granola bowl



7. 8. 11. 13.

organic dairy/coconut yoghurt, chocolatey buckwheat granola, cashew caramello, fresh fruit, mint

€6.50

### bircher muesli



7. 8. 11. 13

oats and chia seeds soaked in almond milk, spiced strawberry sauce, basil

€3.95

### fluffy banana buckwheat pancakes



with ginger cashew cream, fresh fruit, sweet dukkah, Highbank Orchard syrup

3. 7. 8. 13

€8.00

## eggs

Organic poached eggs, Copia Green rye sourdough, & kale pesto



1. 3. 8. 11.

Burren Smokehouse smoked salmon, grilled lemon & micro cress, organic poached eggs, Copia Green rye sourdough

€10.50



1. 3. 4. 7. 8. 11.

### hummus eggs



poached eggs, dukkah, warm hummus, zhoug, feta, pomegranate, paprika oil, toasted Copia Green sourdough

€9.50

### boutique breakfast



1. 3. 7. 8. 11.

two artisan pork & leek sausages, two free range bacon rashers, an organic egg (your choice of poached or scrambled), sweet potato rosti, homemade tomato & sultana relish & toasted Copia Green rye sourdough

€9.95

## sandwiches

### seasonal tartine



1. 3. 7. 8.

Copia Green sourdough topped with homemade ricotta, grilled peach, dukkah and paprika oil

€8.50

### slow cooked brisket of beef

1. 3. 7. 11. 12.

with sauerkraut, Toons Bridge Dairy halloumi, house dressing

€8.50

### grilled supreme of chicken

1. 3. 7. 11.

with bacon, rocket leaves and garlic aioli

€8.50

choice of sourdough, flatbread, tomato & red pepper

## lunch dishes

### grain bowl



5. 7. 8. 11. 13.

herby quinoa, Toons Bridge Dairy halloumi, pickled pink onions, cucumber, dukkah, roast baby carrots, tahini sauce

€12.50

### the ultimate vegan burger



8. 11. 12.

rainbow slaw, dill pickled cucumbers, butterbean vegan mayo, spicy sweet chili & fresh greens with rosemary & spinach polenta chips

€12.50

### asian spiced Irish lamb burger



Vietnamese cabbage salad with lime, fresh mint. homemade tomato relish, rosemary & spinach polenta chips

8. 10. 11. 12.

€14.00

### miso roast salmon



4. 8. 11.

with soba noodle salad

€14.95



vegan



gluten-free



dairy-free



raw



contains nuts

**ALLERGENS KEY:** 1. Gluten | 2. Crustaceans | 3. Eggs | 4. Fish | 5. Peanuts | 6. Soybeans | 7. Milk | 8. Nuts | 9. Celery | 10. Mustard | 11. Sesame Seeds | 12. Sulphur Dioxide and Sulphites | 13. Lupin | 14. Molluscs

When preparing your food, every effort is made to avoid cross-contamination. However, all dishes are prepared in an environment that handles gluten. All of our beef and chicken is 100% Irish.