

Menu

OPENING TIMES 7 A.M. - 5.30 P.M. DAILY

1 BREAKFAST CHOICES 7AM - 11.30AM

Acai Smoothie Bowl €6.95
topped with parlor toasted quinoa granola, coconut and chai seeds.

Parlor Toasted Quinoa Granola €5.95
mixed berry compote, natural yoghurt

Bircher Pot €5.95
overnight organic oats with apple, honey and fresh berries

Organic Porridge €5.50
with caramelised banana, pumpkin seeds, bee pollen, cacao nibs

Smashed Avocado, Crispy Streaky Bacon on Sourdough Toast €6.50
with chilli, lime and coriander

Bread Board €4.95
sourdough toast, choice of pastry from croissant/ pain au chocolat, pain au raisin served with our jams and spreads

Freshly Baked Pastries €3.50

Selection of Homemade Scones €3.50
with cream and jam

Home Made Muffins €3.50

LUNCH SELECTION 11.30PM - 4.30PM

Homemade Soup €5.95
with Artisan Bread

Freshly Made Sandwich of the Day €5.95
served with mixed leaves

Freshly Made Vegetarian Sandwich of the Day €5.95
served with mixed leaves

Selection of Two Salads of the Day €6.50
served with mixed leaves

Homemade Quiche of the Day €8.50
served with mixed leaves and one salad

Croque- Monsieur €5.95
Served with mixed leaves

CAKES AND DESSERTS

Selection of Homemade Cakes Baked Daily €4.00

Gluten free Chocolate Brownie €4.50

Caramel Slice €3.50

Homemade Granola and Nut Bar €2.50

HOT BEVERAGES

Espresso €2.80

Macchiato €2.80

Americano €2.80

Latte €3.20

Cappuccino €3.20

Café Mocha €3.20

Cinnamon Dolce Latte €3.50

Matcha green tea latte €3.00

Tea €2.50

Nutella Hot Chocolate €3.50

CHILLED BEVERAGES

Pink Lemonade €2.95

French Lemonade €2.95

Orangeade €2.95

Super Green Smoothie €3.95

Simply Orange Smoothie €3.95

Pineapple & Coconut Smoothie €3.95

Heartbeat Smoothie €3.95

Coconut Water €3.95

Mineral Water €3.00

Cold Pressed Fruit and Vegetables €3.95

Cold Pressed Pineapple and Coconut €3.95

Cold Pressed Orange Juice €3.95

Cold Pressed Green Vegetables and Fruit €3.95

WINES

Paulita Sauv Blanc (Chile) €26.00 BOTTLE €6.50 GLASS

Paulita Cab Sauv (Chile) €25.90 BOTTLE €6.50 GLASS

1/4 Bottle Prosecco €8.50

1/4 Bottle Bellini Prosecco (Peach Juice) €8.50

