

Menu

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

BREAKFAST CHOICES 7AM - 11.30AM

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| Acai Smoothie Bowl topped with parlor toasted quinoa granola, ,coconut and chai seeds. | €6.95 |
| Parlor Toasted Quinoa Granola mixed berry compote, natural yoghurt | €5.95 |
| Bircher Pot overnight organic oats with apple, honey and fresh berries | €5.95 |
| Organic Porridge with caramelised banana, pumpkin seeds,bee pollen, cacao nibs | €5.50 |
| Smashed Avocado,Crispy Streaky Bacon on Sourdough Toast with chilli, lime and coriander | €6.50 |
| Bread Board sourdough toast, choise of pastry from croissant/pain au choclat served with our jams and spreads | €4.95 |
| Freshly Baked Pastries | €3.50 |
| Selection of Homemade Scones with cream and jam | €3.50 |
| Home Made Muffins | €3.50 |
| LUNCH SELECTION 12PM - 4.30PM | |
| Homemade Soup with Artisan Bread | €5.95 |
| Freshly Made Sandwich of the Day served with mixed leaves | €5.95 |
| Freshly Made Vegetarian Sandwich of the Day served with mixed leaves | €5.95 |
| Selection of Two Salads of the Day served with mixed leaves | €6.50 |
| Homemade Quiche of the Day served with mixed leaves and one salad | €8.50 |
| Croque- Monsieur Served with mixed leaves | €5.95 |

CAKES AND DESSERTS

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| 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

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|------------------------|--------------|
| 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

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|-----------------------------------------|--------------|
| 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 |
| Heartbeet Smoothie | €3.95 |
| Coconut Water | €3.95 |
| Mineral Water | €3.00 |
| Cold Pressed Fruit and Vegetables | €3.95 |
| Cold Pressed Pineapple and Cocnut | €3.95 |
| Cold Pressed Orange Juice | €3.95 |
| Cold Pressed Green Vegetables and Fruit | €3.95 |

WINES

| | BOTTLE | GLASS |
|-------------------------------------------|---------------|--------------|
| Paulita Sauv Blanc (Chile) | €26.00 | €6.50 |
| Paulita Cab Sauv (Chile) | €25.90 | €6.50 |
| 1/4 Bottle Prosecco | | €8.50 |
| 1/4 Bottle Bellini Prosecco (Peach Juice) | | €8.50 |

