

Menu

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

BREAKFAST CHOICES 7AM - 11.30AM

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

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
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

