BREAKFAST 8AM - 11.30AM

HONEY HONEY GRANOLA - WITH HOMEMADE APPLE BUTTER, PEAR & BLACKBERRY €7 2, 4, 6

AÇAÍ SMOOTHIE BOWL - TOPPED WITH FRESH FRUIT, SMOOTH NUT BUTTER, CRUNCHY GRANOLA & MANGO COMPOTE €11 2,6

SMASHED AVOCADO, FRIED EGG, WATERCRESS, POMEGRANATE & PEANUT RAYU ON SOURDOUGH TOAST $\{9, 5, 2, 3, 7, 6, 8 + BACON / 2 \}$

SMASHED AVOCADO, SMOKED SALMON, FRIED EGG, CUCUMBER RIBBONS & WATERCRESS WITH A HERB DRESSING ON SOURDOUGH TOAST $\in 12$ 2, 3

BREAKFAST BAP - SAUSAGES, MAGUIRES SMOKED BLACK BUDDING AND A FRIED EGG ON A WARM BRIOCHE BUN WITH HOMEMADE CHILLI RELISH $\in 11$ 2, 3, 10

LUNCH 12PM - 2.30PM

CHEESE & PICKLE BAGUETTE / 7.5 SLICED HEGARTYS CHEDDAR, HOMEMADE PICALILLI, MAYO AND MIXED LEAVES ON A CRISPY BAGUETTE. 2, 3, 4, 5, 10 + SLICED HAM / 2

TUNA BAGUETTE / 9.5 TUNA, MAYO, LEMON, CELERY, SWISS CHEESE AND MIXED LEAVES ON A CRISPY BAGUETTE. 1, 2, 3, 4

JERK CHICKEN FLATBREAD / 10.5 JERK MARINATED CHICKEN WITH CRUNCHY LIME SLAW & MANGO SALSA ON A WARM FLATBREAD. 2, 3

ALLERGENS FOUND IN OUR FOOD: 1 - CELERY, 2 - GLUTEN, 3 - EGGS, 4 - MILK, 5 - MUSTARD, 6 - NUTS, 7 - PEANUTS 8 - SESAME, 9 - SOYA, 10 - SULPHUR DIOXIDE