

SIGNATURE BAGELS & SANDWICHES

AVAILABLE ON BAGELS, WHITE OR BROWN BREAD WITH SIDE SALAD AND CRISPS

THE CLUB €6.95

Home-cooked chicken breast, streaky bacon, Wicklow brie, lettuce, tomato, mayo, red onion relish & butter

THE CAESAR €6.95

Home-cooked chicken breast, caesar dressing, Parmesan, cos lettuce & butter

THE GOURMET VEGGIE €6.95

Goats cheese, hummus, black olive tapenade, roasted red peppers, red onion relish, lettuce & butter

THE MOUNTAINEER €6.95

Roast ham, roast turkey, Swiss cheese, lettuce, tomato, mayo, honey dijon & butter

THE HOLY COW €6.95

Roast beef, caramelised onions, cocktail sauce, lettuce, tomato & butter

THE PLOUGHMAN €6.95

Roast ham, Dubliner cheddar, tomato relish, cucumber pickle, lettuce, mayo & butter

ITSA REUBEN €6.95

Pastrami, Swiss cheese, caramelised onions, cocktail sauce & butter

NORWEGIAN €6.95

Smoked Irish salmon, cream cheese, cucumber pickle, honey dijon & lettuce

THE DELUXE €6.95

Smoked Irish salmon & cream cheese on a bagel or brown/white bread

KIDS SELECTION

AVAILABLE ON BAGELS, WHITE OR BROWN BREAD

MR. BUTTER €1.70

Plain bagel with butter

THE WEE ONE €3.25

Crunchy peanut butter, honey & sliced banana

RASHER ROAR €4.00

Streaky bacon, ketchup & butter

SNAKES & LADDERS €4.50

Streaky bacon, sausages & butter

MR. HAMMY €4.00

Roast ham and butter

SILLY SAUSAGE €3.75

Sausages, butter and ketchup

SAY CHEESE €3.25

Dubliner cheddar, tomato & butter

KEEP IT SIMPLE

TOASTED BAGEL WITH BUTTER.....€1.70

BAGEL W/ CREAM CHEESE.....€2.60

BAGEL W/ CREAM CHEESE & BACON.....€4.00

BAGEL W/ CREAM CHEESE & SAUSAGE.....€3.50



LOW FAT



LOW GI



FLOURLESS



DAIRY FREE



VEGETARIAN



VEGAN

SALADS

HOME-MADE SALADS FROM THE SALAD BAR

1 portion.....	€3.50
2 portion.....	€6.00
3 portion.....	€8.50
4 portion.....	€11.50

CAESAR SALAD.....€7.15

Roast chicken breast, Caesar dressing Parmesan, croutons & cos lettuce

GOURMET VEGGIE SALAD€7.15

Goat's cheese, hummus, roasted red peppers, black olive tapenade, red onion relish, lettuce & vinaigrette

SOUPS

CHUNKY VEGETABLE & LENTIL SOUP€5.25

Brown bread & butter our vegetarian (and vegan) soup made with lentils, chunky fresh vegetables & a hint of chilli.
Virtually fat free & totally gluten free!

GOURMET SOUP OF THE DAY€5.25

Brown bread & butter prepared daily & keep your eyes out for our award winning varieties!

MAINS

HOT DISH OF THE DAY.....€10.95

Served with a choice of two sides (please see blackboard)

VEGETARIAN QUICHE€9.50

Served with a choice of two salads

SALMON & SMOKED SALMON FISHCAKES.....€10.50

With dressing & choice of two salads

VEGETARIAN DISH OF THE DAY€9.50

Served with choice of two salads

DAILY DELI SPECIAL PRICED DAILY (please see blackboard)

KIDS MEAL (HALF PORTION).....€4.80

ALL OUR SOUPS ARE
MADE DAILY BY OUR
OWN CHEFS IN OUR
LOCAL KITCHENS

ORDER HERE 



LOW FAT



LOW GI



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VEGAN

SWEET TREATS

HOME-MADE MUFFIN.....	€2.50
FRESHLY BAKED SCONE.....	€2.80
RICH CHOCOLATE BROWNIE.....	€2.95
CARROT CAKE & LEMON FROSTING.....	€4.50
FARMHOUSE COOKIE.....	€2.00
CHOCOLATE CHIP COOKIE.....	€2.00
FLOURLESS CHOCOLATE BROWNIE.....	€2.95
FLOURLESS ORANGE AND ALMOND CAKE.....	€3.20
SELECTION OF FRESHLY BAKED PASTRIES.....	€2.40

HOT DRINKS

	8oz / 12oz
AMERICANO.....	€2.50 / €2.70
WHITE COFFEE.....	€2.60 / €2.90
CAPPUCCINO.....	€2.60 / €2.90
LATTE.....	€2.60 / €2.90
HOT CHOCOLATE.....	€2.95 / €3.25
MOCHA.....	€3.10 / €3.40
FLAT WHITE.....	€2.90
TEA.....	€2.00
HERBAL TEA.....	€2.40
	SINGLE / DOUBLE
ESPRESSO.....	€2.50 / €2.70
MACCHIATO.....	€2.60 / €2.80

itsa...@imma.
www.itsa.ie

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