



FRESH
STARTS
HERE

Our menus are printed on 100% recycled multipurpose paper. Made from post-consumer household waste. This paper saves valuable resources: 100% less wood, 73% less energy, 79% less water, 42% less CO2 than others.

BOWLS

Maple and Walnut Granola (Vg) €9.25

A mix of toasted walnuts, flaked almonds, coconut chips and sunflower seeds. Served with a seasonal compote and natural yoghurt (1, 7, 8)

Acai Bowl (Vg) €13.95

Strawberry & banana acai topped with homemade granola, fresh berries, banana, chia seeds and house peanut butter (1, 5, 7, 8)

Soup of the day €8.25
(cup €4.50)

Served with bread

PLATES

Blueberry Pancakes (Vg) €12.95

Fluffy pancakes, maple syrup, mascarpone cream, flaked almond (1, 3, 7, 8)

Beans on Toast (Vg) €13.25

Black bean, edamame, chimichurri, feta, fried egg. Served on sourdough (1, 3, 6, 7)

Avocado and Egg (Vg) €14.95

Smashed avocado, fried egg, cherry tomato, chili flakes. Served on sourdough (1, 3, 6)

Pork Belly Tortilla €14.95

Korean BBQ glazed pork belly, sweet corn, pica de gallo, tomatillo salsa (1, 6)

Breakfast Stack €15.25

Smashed sausage, crispy bacon, fried egg, cheddar, Nduja mayo. Served on a brioche bun (1, 3, 6, 7, 10)

Chicken and Waffle €16.25

Crispy fried chicken, salsa matcha, jalapeño, spring onion, sesame seed (1, 5, 6, 11)

Beetroot Salmon €15.95

Cured salmon, ricotta & cashew butter, pumpkin seed, grapefruit. Served on Irish soda bread (1, 4, 7, 8)

Rainbow Salad (V, GF) €14.25

Edamame, sweet corn, rainbow chard, spring onion, avocado, red and white quinoa and a maple and cider dressing. Served with jalapeño and red pepper hummus (12)

FROM THE OVEN

We offer a delicious selection of sweet and savoury baked goods, made fresh every morning. Ask your server or visit the counter to see what's available today.

COFFEE

Espresso €3.50 Flat White €3.90

Long Black €3.70 Latte €4.20

Cortado €3.90 Cappuccino €4.20

Macchiato €3.90 Mocha €4.50

Piccolo €3.90

OTHER

Breakfast Tea €3.30 Fresh Orange Juice €4.25

Herbal Tea €3.60 San Pellegrino €3.30

Hot Chocolate €4.30 Still Water €2.60

Matcha €4.80 Sparkling Water €2.60

Chai €4.50

KIDS MENU

Walnut granola with natural yoghurt (1, 7, 8) (Vg) €5.25

Toasted soldiers and scrambled egg (1, 3, 7) (Vg) €5.25

Nutella pancakes (1, 6, 7, 8) (Vg) €6.95

Kids Hot Chocolate €2.95

Babyccino This one is on us

Extra's

Alternative Milk - €0.6 | Extra Shot - €0.8 | Syrup - €0.6 | Iced - €0.6 |
Reusable Cup Discount +€0.3

Allergen

1 - Gluten, 2 - Crustaceans, 3 - Eggs, 4 - Fish, 5 - Peanuts, 6 - Soybeans,
7 - Milk, 8 - Nuts, 9 - Celery, 10 - Mustard, 11 - Sesame seeds, 12 - Sulphur
dioxide, 13 - Lupin, 14 - Molluscs

Vg - Vegetarian, V - Vegan, GF - Gluten Free