

SANDWICHES

Price includes choice of side: Chips, Salad or Soup

BEEF BRISKET BAP ^{1R,3,7,10,12} € 11.95

Glazed Beef Brisket cooked in BBQ sauce, crispy Cajun Onions, Crispy Bacon, Mustard mayo on a bap.
Add €1 for Fried Egg

FIESTA CHICKEN MELT ^{1R,3,5,7,10} € 12.95

Spiced Chicken, Avocado Basil Pesto, Cheddar, Tomato, Red Onion, Crispy Onion, Lettuce, Homemade Taco Mayo, on GI bread

MULTIGRAIN TUNA MELT BLOOMER ^{1,3,4,7} € 11.95

SWISS CHEESE, MAYO & ROCKETS

PULLED PORK BAP ^{1,3,6,10,M9,M11,M14} € 12.95

Homemade BBQ Pulled Pork, Mustard Mayo, Red Cabbage and apple Slaw, Crispy Onion

CLUB SANDWICH ^{1,3,7,10,12} € 11.95

Sandwich with grilled chicken, Crispy Bacon, Lettuce, Tomato with Mustard Mayo

BURRITO BRAVO ^{1,3,7,10} € 13.95

Slow Cooked Beef, Breaded Chicken or Pork, Kidney Bean in Spicy Salsa Sauce, Cheddar, Mozzarella, Turmeric Rice, Sour Cream, Crispy Onion, Cos Lettuce, Homemade Taco Sauce

CAJUN CHICKEN WRAP ^{1,3,9,10} € 11.95

Chicken, Spiced Cajun Mayo, Roast Peppers & Garden Salad

CHICKEN PESTO WRAP ^{1,5,7} € 11.95

Chicken, Basil Pesto, Sundried Tomato and Mozzarella

CROQUE MONSIEUR ^{1,7,10} € 12.95

The Ultimate Ham & Cheese Sandwich, Toasted Sourdough, Dijon Mustard, Honey Glazed Ham, selection of cheese baked in the oven

KOFFEE + KALE BRUNCH



SIGNATURE BENEDICT ^{1,3,4,6,7,12,M11} € 13.95

Choose from: Baked Ham, Crispy Chicken or Smoked Salmon W/ 2 Poached Eggs, Sautéed Spinach, Crispy Potato Cubes, Capers, Chilli flakes and Hollandaise Sauce on Sourdough

EGGS SUPREME ^{1,3,5,7} € 13.95

2 Poached Eggs, Goat Cheese, Sliced Avocado, Tomato and Basil Pesto Beetroot Labneh, Sourdough Toast

POTATO HASH ^{1,3,7,12} € 13.50

w/ Chorizo or Bacon, Spinach, peppers served with 2 poached eggs, feta cheese and Sourdough

Vegan Option Available: Falafel

HUEVOS RANCHEROS ^{1,3,7} € 13.50

Choice of Egg: Mexican Stew with Beans, Sweet Potato, Peppers, Smashed Avocado, Crème Fraiche, Coriander, Parmesan and Sourdough Toast

SMOKED SALMON, POACHED EGGS, CRUSHED AVOCADO ON SOURDOUGH ^{1,3,4,5} € 13.95

w/ Smashed Avocado Basil Pesto, Sliced Smoked Salmon, Sautéed Spinach, Scrambled or Poached Eggs, Chilli flakes and Lime

SHAKSHUKA ^{1,3,7,9,12} € 13.50

Spiced Tomato sauce with Basil . Peppers, Red Onion Topped with Poached eggs, Feta Cheese with choice of Chorizo, Bacon.

Vegan Option Available: Falafel

TURKISH EGGS ^{1,3,5,7} € 13.50

2 Poached Eggs, Turkish Yogurt, Sweet Potatoes, Coriander, Chili Butter, Basil, Hummus and Sourdough Toast

BACON BOOST W/ SP CRISP ^{1,3,5,7,12} € 13.95

Avocado Basil Pesto on toast w/ poached eggs, Bacon, luxury cheese sauce, Basil Pesto, Sweet Potato Crisps, Pancetta and Pulled pork and Sourdough bread.

AVOCADO ON TOAST ^{1,3,5} € 7.95

Avocado Basil Pesto, Sautéed Spinach, Tomato with Fresh Basil, Olive Oil, Sourdough Toast
Add €2 for eggs (Poached, fried or Scrambled)
Add €2 for Pancetta, Bacon or Halloumi cheese.

KNK STEW ^{1,3,7,12} € 14.95

2 Poached Eggs, Roasted Cherry Tomatoes & Red Peppers Salsa, Cheddar, Feta Cheese, Chorizo, Sausage meat, Sautéed Spinach, Fresh Chili and Sourdough Toast

THE ROSTI ^{1,3,5} € 13.55

2 Poached Eggs, Smashed Avocado Basil Pesto, Tomato Salsa & Pesto, Sautéed Spinach, Chilli

ALL DAY BREAKFAST

IRISH BREAKFAST ^{1,3,12} € 13.95

FULL IRISH: Egg of choice, 2 x Bacon, 2 x Sausages, 2 x Pudding, 1 x Hash brown, Beans, Mushrooms and tomatoes with bread of choice.
w/ Tea or Americano

Mini: Egg of choice, Bacon, Sausages, Puddings, Mushrooms and Tomatoes, with bread of choice € 9.95

Vegetarian: Choice of Egg, Hashbrown, 2 x Vegan Sausage, 2 x Vegan Pudding, Sautéed Spinach, Tomato, Mushroom, Beans, bread of choice € 9.95

BREAKFAST SANDWICHES ^{1,3,10,12}

BF Baguette: Sausages, Fried egg, Bacon, Pudding and Tomato relish € 8.50

BF WRAP: Sausages, Scrambled egg, Bacon and Tomato Relish € 8.50

BF BAP: Max 3 toppings (Bacon, Sausages, Pudding, Eggs, Roast tomatoes, Hashbrown) Extra item €1 € 7.95

BF BURRITO WRAP ^{1,3,7,12} € 13.95

2 Scrambled Eggs, Sausage Meat and Chorizo in spicy salsa sauce, Cheddar, Mozzarella, Turmeric Rice, Kidney Bean, Sautéed Spinach, Relish

EGGS & TOAST ^{1,3} € 6.50

Egg of Choice on Sourdough Bread
Extra Item €1

FRENCH TOAST ^{1,3,7} € 12.95

Mixed Berries Compote, Crispy Bacon, Maple Syrup on Brioche bread

PROTEIN BREAKFAST

SUNSHINE BOWL 1,3,5,7,12 € 13.95

2 Scrambled Eggs or Poached Eggs, Avocado Basil Pesto, Sautéed Spinach, Sweet Potato, 2 Streaky Rashers, Tabouleh Salad, Feta Cheese, Homemade Hummus, Side of Chili Butter and Sourdough

PROTEIN PORRIDGE 1,5,7,8,Veg € 9.50

Oats, Protein, Peanut Butter, Strawberries, Banana, Maple Syrup, Chia Seeds and Almond Flakes

PROTEIN BOWL 1,3,5,7,Veg € 14.50

Spiced Panko chicken, Beef or Pulled Pork, 2 Poached Eggs, Sautéed Spinach, Quinoa, Sweet Potato, Avocado Basil Pesto, Kidney Beans, Feta Cheese, Red Peppers, Chili Butter and House dressing

SALAD

QUINOA SALAD 1, € 11.95

Quinoa, Cucumber, Mint, Parsley, Red Onion, Shredded Carrots, Lemon Juice, Lemon Zest, Lime Zest, Olive Oil, chopped Garlic & Seasoning

RED KIDNEY BEAN SALAD 1, € 11.95

Red Kidney Beans, Roasted Cherry Tomatoes, Red Chillies, Coriander, Red Onions, Garlic, Lemon Juice, Lemon & Lime zest, Parsley, Mint, Olive oil & Seasoning

TABBOULEH SALAD 1, € 11.95

Finely Diced Cucumber, Bulgur Wheat, Finely Diced Tomatoes, Mint, Parsley, Lemon Juice, Red Onions, Lemon & Lime Zest and Olive Oil

HALLOUMI SALAD 1,10 € 11.95

Roasted Sweet Potato, Carrots, Butternut Squash, Leaves, Halloumi, Peppers & Olive Oil, Honey Mustard

SUPERFOOD SALAD 1,11 € 11.95

Grated Carrots, Grated Beetroot, Onions, Smoked Paprika, Roasted Chickpea and Dried Sultana

CAESAR SALAD 1,7,10 € 11.95

Crispy Bacon, Grilled Chicken, Garlic Herb Croutons, Fresh Cos Lettuce, Caesar Dressing, Parmesan cheese

BUILD YOUR OWN 1,7,10,11 € 14.95

Pulled Pork, Beef Brisket or Breaded Chicken, w/ Choice of our 6 Salads

Served with Sourdough bread

Choice of Dressings: Vinaigrette, Sriracha Sauce, Honey Mustard Dressing, Sweet Chilli Sauce or Caesar house dressing

HOT SALAD

BURRITO SALAD 1,3,5,7,10 € 14.95

Choice of 3 Protein: Pulled Pork, BBQ Beef Brisket or Breaded Chicken.
Shredded Cos Lettuce, Kidney Beans, Sour Cream, Honey Mayo, Turmeric Rice, Guacamole, Grated Cheddar Cheese, Sriracha Sauce

PULLED PORK 7,12 € 14.95

Homemade BBQ Pulled Pork, Cheddar, Turmeric Rice, Red Cabbage, Shredded Carrot, Roasted Red Peppers, Mix Leaves, Crispy Onion and Sweet Chilli Dressing

OMELETTES

GOLDEN OMELETTE 1,3,7,veg € 11.95

3 Eggs, Mix Peppers, Spinach, Onion, Tomato, Cheese and Sourdough Toast.

5 eggs Omelette - €14.95

BUILD YOUR OWN 1,3 € 11.95

Choice of 4: Mix peppers, Onion, Spinach, Feta, Mushrooms, Tomatoes.

ADD MEAT €1: BACON, CHORIZO, CHICKEN, SAUSAGE OR HAM

PANCAKES

CLASSIC PANCAKES 1,3,7,8,Veg € 11.95

Caramelised banana, Nutella and strawberries

BREAKFAST PANCAKES 1,3,7,12 € 11.95

Bacon, Sausages, Fried Egg and Maple Syrup

MAKE YOUR OWN 1,3,7,8 € 11.95

Max 3 toppings:
• Banana • Nutella • Bacon
• Strawberries • Maple syrup
• Mix berries • Kinder bueno

EXTRA TOPPING €1

VEGAN OPTIONS

VEGAN BAP 1,6,12 € 7.95

2 x Vegan Sausage, Vegan Pudding, Roast Tomatoes and Relish

VEGAN FALAFEL BURRITO 1 € 13.95

Falafel, Rice, Kidney beans in spicy salsa sauce, Mix Pepper, SweetChilli Sauce

ALLERGENS:

1. GLUTEN, 2. CRUSTACEANS, 3. EGGS, 4. FISH, 5. PEANUTS, 6. SOYBEANS, 7. MILK, 8. NUTS, 9. CELERY, 10. MUSTARD, 11. SESAME SEEDS, 12. SULPHITES, 13. LUPIN, 14. MOLLUSCS, M = May Contain, Veg = Vegetarian, GF = Gluten Free, V = Vegan, DF = Dairy free

HOT DRINKS

	S	M	L
FLAT WHITE	3.80	-	-
AMERICANO	3.30	3.65	4.05
LATTE	4.05	4.40	4.80
CAPPUCCINO	4.05	4.40	4.80
ESPRESSO	2.40	2.90	-
MOCHA	4.05	4.40	4.80
CORTADO	3.50	-	-
TEA/HERBAL TEA	-	2.95	-
CHAI LATTE	4.05	4.40	4.80
HOT CHOCOLATE	4.05	4.40	4.80
EXTRA SHOT	0.80	-	-
CREAM/SYRUP/MARSHMALLOW	0.60	-	-
OAT/SOYA/ALMOND/COCONUT	0.60	-	-
BABYCCINO	2.00	-	-
MATCHA LATTE	-	4.30	4.85
SPANISH LATTE	4.10	4.60	5.00

COLD DRINKS

	M	L
FLAVOURED ICE LATTE	4.95	5.65
Caramel, Vanilla, Hazelnut, Matcha, Chai		
FRAPPE	4.95	5.65
Nutella, Biscoff Cookie, Sticky Toffee		
SMOOTHIES	4.95	
Strawberry Glow, Mango Madness, Pineapple Dream		
Acai Boost	5.50	
PROTEIN SMOOTHIES	5.95	
Big Breakkie, Hulky, The Builder		
FRESH ORANGE JUICE	3.20	
SOFT DRINKS		
Coke, Diet Coke, Coke Zero, Fanta, 7up	2.85	
STILL/SPARKLING	2.50	
SAN PELLIGRINO	3.15	
Orange, Lemon		
VIT-HIT	2.95	