

# BREAKFAST

**BREAKFAST BAP** €6.50

LOCAL PORK SAUSAGE & CRISP BACON

**SAUSAGE ROLL** €3.80

LOCAL PORK SAUSAGE, PUFF PASTRY,  
BALLYMALOE RELISH

**AÇAÍ BOWL** €6.50

AÇAÍ BERRIES, SEASONAL BERRIES, HONEY,  
CRUNCHY GRANOLA

**GRANOLA** €6.50

NATURAL YOGHURT, HOUSE-MADE GRANOLA,  
FRUIT COMPOTE

# LUNCH

**MUG OF SOUP** €6.50

SOUP OF THE DAY, FRESH BROWN BREAD

**GOAT’S CHEESE SALAD** €13.50

BOYNE VALLEY GOAT’S CHEESE, BABY PLUM TOMATOES,  
WALNUTS, ROCKET LEAVES, BEETROOT DRESSING

**CHICKEN CAESAR SALAD** €13.50

GEM LETTUCE, CRISPY BACON LARDONS,  
PARMESAN SHAVINGS, CAESAR DRESSING

**SUPERFOOD SALAD** €13.90

QUINOA SALAD, BROCCOLI, SOYA BEANS, AVOCADO,  
SPINACH, HERBS, POMEGRANATE, PUMPKIN SEEDS

**MEDITERRANEAN QUICHE** €12.50

FETA & ROASTED VEGETABLES, GREEN LEAVES

**BEEF & GUINNESS STEW** €16.50

MARINATED BEEF, ROOT VEGETABLES & BABY POTATOES

SANDWICHES

THE IRISH ROAST €9.95

IRISH CHICKEN, HERB STUFFING, TOMATO RELISH,  
SOURDOUGH BREAD

THE TRADITIONAL €9.50

BAKED CARVED HAM, WEST CORK CHEDDAR,  
RUSTIC BAGUETTE

THE CAESAR €9.50

ROAST CHICKEN, GEM LETTUCE, CRISPY BACON,  
CAESAR DRESSING, GARLIC CROUTONS,  
WHITE WRAP

BAKER’S BASKET

CINNAMON ROLL €3.00

SCONE, JAM & CREAM €3.50

CROISSANT €3.00

THE ITALIAN €9.95

IRISH ROAST CHICKEN, GREEN BASIL PESTO,  
MOZZARELLA, BALLYMALOE TOMATO RELISH, CIABATTA

THE MEDITERRANEAN €9.50

ROASTED PEPPERS, RED ONION, GREEN LEAVES,  
HUMMUS, & FETA CHEESE, WHOLEGRAIN WRAP

THE BAY €11.30

PRAWNS, RED ONIONS, ROASTED VINE TOMATOES,  
MARIE ROSE SAUCE, BROWN BREAD

ADD SOUP €2.00

CAKES

ASK ABOUT OUR SELECTION OF €6.50  
FRESHLY BAKED CAKES

TRAY BAKE €4.90

FRESH JUICES

ORANGE JUICE €3.20

FRESH SQUEEZED JUICE

APPLE JUICE €3.20

MADE WITH IRISH APPLES

RASPBERRY KISS SMOOTHIE €3.20

RASPBERRY, STRAWBERRY, BANANA,  
ORANGE JUICE & LOCAL HONEY

RASPBERRY LEMONADE €3.50

CLOUDY LEMONADE €3.50

ICE PEACH TEA €3.50

ICECREAM

COOKIE ICECREAM SANDWICH €3.50

ICECREAM TUB €2.50

TEAS & COFFEES

TEA LARGE SMALL €3.00

HERBAL TEAS €3.30

AMERICANO €3.60 / €3.20

LATTE €4.30 / €3.90

CAPPUCCINO €4.20 / €3.80

ESPRESSO €3.60 / €3.20

FLAT WHITE €3.80

MATCHA LATTE €4.50

CHAI LATTE €4.50

HOT CHOCOLATE €4.40 / €4.00

KID’S HOT CHOCOLATE €3.00

ALTERNATIVE MILK €0.60

SOFT DRINKS €3.20

WATER €3.00