

## BREAKFAST 8:30AM - 12PM

Oldstyle Porridge Bowl / seasonal berries, honey, mixed seeds €6.50 | add protein powder 70c (VE) Available

Nutty Crunch Granola / house made granola, greek yogurt, berries, chia jam maple syrup €6.50

USA Style Pancakes / berries, orange mascarpone cream, maple syrup, toasted seed crunch or nutella €10 | add bacon €2 | GF / VE Available - Served All Day

Rainbow Smoothie Bowl / banana, strawberries, blueberries, honey, crunchy granola, toasted coconut & mixed seeds €6.50 (VE) Available

R8 Energiser Smoothie / banana, strawberry, apple juice, honey, spinach, greek yoghurt €6 | add protein powder 70c

The Big Breakfast / eggs, homemade hashbrown, sausage, bacon, black & white pudding, mushroom, tomato, tea|americano & toast €13 | upgrade to FW, Latte, Capp 50c

The Mini Breakfast / eggs, homemade hashbrown, sausage, bacon, mushroom, tomato, tea|americano & toast €10 | upgrade to FW, Latte, Capp 50c

ADD HOUSEMADE BEANS OR AVOCADO TO ANY DISH €2

Eggs Any Way / two free range eggs poached, scrambled or fried w| house relish & choice of toast €6.50

Breakfast Croissant / poached eggs, smoked cheddar, chorizo, crispy parma ham, wilted spinach, chipotle relish €12

Veggie Style / poached eggs, avocado, halloumi, mushroom, tomato, spinach, sourdough toast €12 (V)

Super Green Omlette / 3 free range eggs, spinach, feta cheese, pine nuts, sundried tomato, caramelized onion, house pesto sourdough toast €12 (V)

R8 Benedict / poached eggs, bacon OR smoked salmon, spinach, hollandaise, sourdough toast w| Bacon €12 | Salmon €14

Moroccan Brunch / poached eggs, chickpea masala, pickled cucumber, cherry tomato, herb & garlic flatbread, dukkah chilli oil €12 (V) add falafel or chorizo €2.50

Hen & Heifer / 5oz sirloin steak, fried eggs, homemade beans, sourdough toast €15

The Vegan Breakfast Hash / hash brown, avocado smash, roast pepper & garlic hummus, chilli mushrooms, house dukkah, sourdough toast €12 (VE)



## COFFEE

Java Republic Blue Earth coffee; handcrafted, certified fairtrade & organic. Notes of roasted hazelnut and hint of raspberry, the lingering aftertaste leaves a dark chocolate sensation on the palate

Americano €3.50 Hot Choc & Mallows €4.50  
Latte €4 R8 Nutella Hot Choc €5

Cappuccino €4 ALL HOT DRINKS AVAILABLE  
Flat White €4 IN EDIBLE COFFEE CUPS €1

Mocha €4.50 ALT MILK / OAT, COCONUT,  
Macchiato €3.50 ALMOND 50C

Gerardo €4 SYRUPS VANILLA, HAZLENUT,  
Caramel, CHAI 50C

Espresso €3.50  
Iced Latte/Americano €4

CBD Latte €5

Tea €3

Herbal Teas €4

PEPPERMINT, WILD BERRY, YUNAN GREEN  
TEA, ROOIBOS & CARAMEL, EARL GREY,  
DECAF TEA, CHAMOMILE

# LUNCH

Homemade Seasonal Soup of the Day/  
multiseed bread (V) €6

Hot & Sticky Chicken Wings OR Vegan  
Cauliflower Wings | celery spears, lime aioli €8

Wholemeal Pork Bap / BBQ pulled pork,  
melted brie, sweet & sour apple slaw,  
rocket €10

Classic B.L.T / crispy smoked bacon, baby  
gem lettuce, plum tomato, sourdough toast €9

Fully Loaded Cajun Chicken Ciabatta /  
cajun chicken, roast pepper, red onion,  
melted cheddar €10

R8 Veggie Focaccia / sundried tomato,  
cashew spread, balsamic roast veggies,  
fried halloumi, rocket, toasted seeds (V) €10

Spicy Fajita Wrap / marinated chicken,  
peppers, onion, cheddar, guacamole (V) €10

The Ultimate Steak Ciabatta / sirloin steak,  
caramelised red onion, blue cheese, rocket,  
mustard aioli, rosemary chunky fries €15

The Ploughmans Cousin / baked ham,  
smoked applewood cheddar, rocket,  
caramelised red onion & chipotle relish €10 (V  
available)

R8 Superfood Salad / charred sweet potato,  
ancient grains, glazed roast carrot  
& parsnip, mangetout, cherry tomato,  
broccoli, feta, walnuts, toasted seeds €11 (V)  
add chicken €2 | chorizo €2 | falafel €2.50 | prawns €3

Honey Baked Goats Cheese Salad / baked  
goats cheese, grilled vegetables, caramelized  
walnuts, roast beetroot, sweet chilli pepper  
dressing, toasted sourdough €12 (V)  
add chicken €2 | chorizo €2 | falafel €2.50 | prawns €3

Shredded Five Spice Duck Salad / sesame &  
chilli noodles, crunchy pak choi, pickled red  
cabbage, baby corn, peppers, cashew nuts €14

Buttermilk Chicken Burger / brioche bun,  
pesto aioli, parmesan, rocket, pickled red  
onion, house slaw, rosemary chunky fries €14  
OR garlic parmesan fries / cajun sweet potato  
cubes €15

Bang Bang Chicken / peanut butter chilli  
chicken, wild rice, asian greens, roasted  
chickpeas, toasted seeds, coriander & lime  
dressing €14 (V & VE) available

Prawn Pil Pil Linguine / smoked chilli, basil oil,  
chorizo, toasted pinenuts, spinach w/ garlic  
sourdough €16 (V) available

R8 Green Curry / chicken & crisp veg curry  
with basmati rice €14  
with basmati rice & fries €14.50  
Vegetarian/ Vegan Green Curry  
with basmati rice €13  
with basmati rice & fries €13.50

## SIDES

ROSEMARY CHUNKY FRIES €3.50  
CAJUN SWEET POTATOES €4  
GARLIC SOURDOUGH €3 WITH CHEESE  
€3.50  
HOUSE SIDE SALAD €3.50  
CUP OF SOUP €2.50  
GARLIC & PARMESAN FRIES €4  
GARLIC AOILI €1  
HOUSEMADE RELISH €1

## DRINKS

Wild Orchard Fresh Cloudy or  
Pink Lemonade €4  
Soft Drinks €3  
All About Kombucha / Raspberry,  
Ginger & Lemon,  
Turmeric Immuni-tea €4  
Apple/ Orange Juice €3  
Fine Wine & Craft Beer available!

PROTEIN BALLS €2.50  
CONFECTIONARY €4  
SCONES & CROISSANTS €4.50

# ROOM8



*All our breads are baked daily by Hansel & Gretal Bakery. All our dressing are made using Newgrange Gold Rapeseed Oil.*

*Check our board for daily specials & desserts.*

*Please inform your server of any food allergies/dietary restrictions - Allergens available on request!*