

BREAKFAST 8:30AM - 12:00PM

Oldstyle Porridge Bowl / seasonal berries, honey, mixed seeds €7 | add protein powder 70c (VE)

Nutty Crunch Granola / house made granola, greek yogurt, berries, chia jam maple syrup €7

USA Style Pancakes / berries, orange mascarpone cream, maple syrup / nutella / banoffee style €12 | add bacon €2 | (GF) / (VE) - Served All Day

Rainbow Smoothie Bowl / banana, strawberries, blueberries, honey, crunchy granola, toasted coconut & mixed seeds €7 (VE)

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 €14 | upgrade to FW, Latte, Capp 50c

The Mini Breakfast / eggs, homemade hashbrown, sausage, bacon, mushroom, tomato, tea|americano & toast €11 | upgrade to FW, Latte, Capp 50c

Eggs Any Way / two free range eggs poached, scrambled or fried w| house relish & choice of toast €7

Breakfast Croissant / poached eggs, smoked cheddar, chorizo, crispy parma ham, wilted spinach, chipotle relish €13

Veggie Style / poached eggs, avocado, halloumi, mushroom, tomato, spinach, sourdough toast €13 (V)

Super Green Omlette / 3 free range eggs, spinach, feta cheese, pine nuts, sundried tomato, caramelized onion, house pesto sourdough toast €13 (V)

R8 Benedict / poached eggs, bacon, spinach, hollandaise, sourdough toast €13

R8 Stack / smoked salmon, smashed avocado, poached eggs, spinach, hashbrown, sourdough toast €15

Moroccan Brunch / poached eggs, chickpea masala, pickled cucumber, cherry tomato, herb & garlic flatbread, dukkah chilli oil €14 (V) add falafel or chorizo €2.50

Hen & Heifer / 5oz sirloin steak, fried eggs, homemade beans, sourdough toast €18

The Vegan Breakfast Hash / hash brown, avocado smash, sausages, roast pepper & garlic hummus, chilli mushrooms, house dukkah, cherry tomato, sourdough toast €14 (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

Latte €4

Cappuccino €4

Flat White €4

Mocha €4.50

Macchiato €3.50

Gerardo €4

Espresso €3.50

Iced Latte/Americano €4

Tea €3

Herbal Teas €4

Hot Choc & Mallows €4.50

R8 Nutella Hot Choc €5

ALT MILK:
OAT, COCONUT,
ALMOND 60C

SYRUPS:
VANILLA, CARAMEL,
HAZLENUT, CHAI 60C

PEPPERMINT, WILD BERRY, YUNAN GREEN TEA, EARL GREY, DECAF TEA, CAMOMILE

PLEASE INFORM YOUR SERVER OF ANY DIETARY REQUIREMENTS/ ALLERGIES

(V)- VEGETARIAN
(VE)- VEGAN

GLUTEN FREE BREAD, RICE, PASTA, WRAPS AVAILABLE

ADD HOUSEMADE BEANS / VEGAN SAUSAGES €3

ADD AVOCADO TO ANY DISH €2

LUNCH

Homemade Seasonal Soup of the Day/
multiseed bread (V) (VE) €6.50

Hot & Sticky Chicken Wings OR Vegan
Cauliflower Wings | celery spears, lime aioli €9

Wholemeal Pork Bap / BBQ pulled pork, melted
brie, sweet & sour apple slaw,
rocket €11

Classic B.L.T / crispy smoked bacon, baby
gem lettuce, plum tomato, sourdough toast €10

Fully Loaded Cajun Chicken Ciabatta /
cajun chicken, roast pepper, red onion,
melted cheddar €11

R8 Veggie Focaccia / sundried tomato,
cashew spread, balsamic roast veggies,
fried halloumi, rocket, toasted seeds (V) (VE)
€11

Spicy Fajita Wrap / marinated chicken, peppers,
onion, cheddar, chilli lime rice, guacamole
(V) (VE) €11

The Ultimate Steak Ciabatta / sirloin steak,
caramelised red onion, blue cheese, rocket,
mustard aioli, rosemary chunky fries €18

The Ploughmans Cousin / baked ham,
smoked applewood cheddar, rocket, caramelised
red onion & chipotle relish (V) €11

R8 Superfood Salad / charred sweet potato,
ancient grains, glazed roast carrot
& parsnip, mangetout, cherry tomato,
broccoli, feta, walnuts, toasted seeds
(V)(VE) €12

add chicken €2.50 | chorizo €2.50 |
falafel €2.50 | prawns €4

Honey Baked Goats Cheese Salad / baked goats
cheese, grilled vegetables, caramelized walnuts,
roast beetroot, sweet chilli pepper dressing,
toasted sourdough €13 (V)

add chicken €2.50 | chorizo €2.50 |
falafel €2.50 | prawns €4

Shredded Five Spice Duck Salad / sesame &
chilli noodles, crunchy pak choi, pickled red
cabbage, baby corn, peppers, cashew nuts €15

Buttermilk Cajun Chicken Burger OR Falafel
Burger/ brioche bun, pesto aioli, parmesan,
rocket, pickled red onion, house slaw, rosemary
chunky fries €16 OR garlic parmesan fries /
cajun sweet potato cubes €17

Bang Bang Chicken / peanut butter chilli
chicken, wild rice, asian greens, roasted
chickpeas, toasted seeds, coriander & lime
dressing €14.50 (V) (VE)

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

R8 Green Curry / chicken & crisp veg curry
with basmati rice €14.50
with basmati rice & fries €15
(V)(VE)€14/€14.50

SIDES

ROSEMARY CHUNKY FRIES €4

GARLIC & PARMESAN FRIES €5

CAJUN SWEET POTATOES €5

GARLIC SOURDOUGH €3.50

WITH CHEESE €4

HOUSE SIDE SALAD €3.50

CUP OF SOUP €3

GARLIC AOILI €1

HOUSEMADE RELISH €1

DRINKS

Wild Orchard Fresh Cloudy or

Pink Lemonade €4

Soft Drinks €3.30

All About Kombucha / Raspberry,
Ginger & Lemon, Turmeric

Immuni-tea €4

Apple €4

Orange Juice €3

Fine Wine & Craft Beer available!

PROTEIN BALLS €2.50

CONFECTIONARY €4

SCONES & CROISSANTS €4.50

Check our board for daily specials & desserts.

*Please inform your server of any food
allergies/dietary requirement*

(V)- Vegetarian
(VE)- Vegan

*Gluten Free bread, rice, pasta, wraps
available!*