

great coffee helps



COFFEES

Cappuccino Caffé Latte Flat White - strong (8 oz) Latte Macchiato - mild Caffé Mocha Caffé Americano Espresso

Macchiato or Con Panna ALL OUR SPECIALITY COFFEES CAN BE MADE WITH DECAFF COFFEE, LOW FAT MILK, SOYA, COCONUT, ALMOND MILK.



FAIRTRADE TEAS

SUKÍ TEA Pot of Tea - Fairtrade Pot of Decaf Tea - Fairtrade Speciality Teas - Hand Prepared:

Fairtrade Breakfast Tea Whole Peppermint Lemongrass & Ginger Chamomile Earl Grey Blue Flower Apple Loves Mint Green Tea Sencha Red Berry Goji Berry & Pomegranate

ICED COFFEES & TEAS

ICED COFFEES Latte

Original Mocha Seasonal Americano

OTHER HOT DRINKS

Hot Chocolate Mint Hot ChocolateChai Latte

DESIGNER MILKSHAKES

BLENDED WITH WHOLE MILK AND VANILLA ICE CREAM

Kinder Bueno® *Oreo*® **Skittles®** Aero Mint®

Strawberry Vanilla

FRAPPES

Caramel Latte Raspberry Mocha **Dreamy Creamy** Toffee Coffee Mocha

SMOOTHIES

Health Kick Orange Juice, strawberry, banana, and frozen yogurt

Energiser Orange, papaya, melon, pineapple, banana, and frozen yogurt

frozen yogurt Detox Vita Berry Apple, banana, frozen Apple, mango, passion Fruit, kiwi, pineapple, yogurt, and mixed

Boost Beetroot, apple, pear, and ginger

peach, and melon

Tropic Rage Orange, pineapple, papaya, peach, and frozen yogurt

Super Green

Spinach, kale, mint,

and apple

Strawberry

Sunrise

Orange, strawberry, pineapple, banana, and

Energy Carrot, orange, apple, and ginger

OTHER COLD DRINKS

Fresh Orange or Apple Juice Water (Still / Sparkling) Soft Drinks Ginger Beer (Bundaberg)



EXTRA SHOT OF FAIRTRADE ESPRESSO, OR FLAVOURED SYRUPS

BREAKFAST & BRUNCH



FRESH PORRIDGE, MADE WITH MILK AND SERVED WITH YOUR CHOICE OF EITHER MIXED NUTS, IRISH HONEY, BERRY COMPOTE, OR MIXED SEEDS (ADDITIONAL 50C FOR EACH).

SERVED WITH NATURAL YOGURT.

2 SLICES OF IRISH BACON, 2 IRISH PORK SAUSAGES, TOURNAFULLA BLACK & WHITE PUDDING, FREE RANGE EGG, SAUTÉED MUSHROOMS, BEANS, HASH BROWN, TOASTED ARTISAN BREAD. INCLUDES A TALL TEA OR COFFEE.

2 SLICES OF VEGETARIAN BACON, 2 VEGETARIAN SAUSAGES,

A TALL TEA OR COFFEE.

ADD 2 SLICES OF IRISH BACON

SCRAMBLED EGGS & TOAST

ADD 2 SLICES OF IRISH BACON

CROQUE MONSIEUR

THE CLASSIC CROQUE MONSIEUR, TOASTED, WITH HAM, BÉCHAMEL SAUCE AND GRUYERE CHEESE.

Breakfast Toastie

HAM & CHEESE CROISSANT

CROISSANT FILLED WITH HONEY BAKED HAM AND DUBLINER IRISH CHEESE.

THE ESQUIRES FULL IRISH!

THE ESOUTRES MINT BREAKFAST

A SLICE OF IRISH BACON WITH AN IRISH PORK SAUSAGE, A SLICE OF TOURNAFULLA BLACK & WHITE PUDDING, SAUTÉED MUSHROOMS AND A FREE RANGE EGG, TOASTED ARTISAN

ESQUIRES FULL VEGGIE

SAUTÉED MUSHROOMS, BEANS, FREE RANGE EGG, 2 HASH BROWN, TOASTED ARTISAN BREAD. INCLUDES A TALL TEA OR COFFEE.

2 POACHED FREE RANGE EGGS ON A TOASTED BRIOCHE BUN WITH BACON, SERVED WITH HOLLANDAISE SAUCE. INCLUDES

ESQUTRES PANCAKES

3 AMERICAN STYLE PANCAKES SERVED WITH YOUR CHOICE OF EITHER MAPLE SYRUP, IRISH HONEY, OR POACHED SEASONAL BERRIES. INCLUDES A TALL TEA OR COFFEE.

2 FREE RANGE EGGS, SCRAMBLED TO ORDER AND SERVED ON TOASTED RUSTIC CORN BREAD. INCLUDES A TALL TEA OR

SCRAMBLED EGGS & SMOKED SALMON

EGGS, SCRAMBLED TO ORDER AND SERVED TH SMOKED SALMON ON TOAST. INCLUDES A TALL TEA OR

BACON, EGG AND SAUSAGE SANDWICH ON TOASTED WHITE SLICED PAN WITH A TOMATO CHUTNEY.

ADD FRIES OR SOUP TO ANY SAMBO

OMELETTES

ICED TEAS

SAVOURY BREAKFAST OMELETTE

SAUSAGE, BACON, TOMATO AND CHEESE. INCLUDES A TALL TEA OR COFFEE.

VEGETARIAN OMELETTE

TOMATO, CHEESE, MUSHROOMS AND PEPPERS. INCLUDES A TALL TEA OR COFFEE

OMELETTE OF YOUR CHOICE

YOUR CHOICE OF THREE FILLINGS INCLUDES A TALL TEA OR COFFEE.

BAGELS

TOASTED BAGEL

- WITH ARTISAN IRISH CREAM CHEESE FROM
- WITH BUTTER AND JAM.

BREAKFAST BAGEL

BACON, EGG AND SAUSAGE SANDWICH ON A TOASTED BAGEL WITH A TOMATO CHUTNEY.

NEW YORK BAGEL

TOASTED BAGEL WITH CRISP IRISH BACON AND CREAM CHEESE.



SALADS ALL SERVED WITH A CRUSTY CORN BREAD

GREEK SALAD

FETA CHEESE, BABY TOMATOES, CUCUMBER, OLIVES, GREEN PEPPERS, DICED AVOCADO, RED ONION, MIXED LEAVES WITH LEMON & OLIVE DRESSING.

HEALTHY CHICKEN & COUS COUS SALAD

GRILLED BREAST OF IRISH CHICKEN AND A CRANBERRY AND ORANGE COUS COUS WITH FRESH PEPPERS AND A NATURAL

SALAD OF LITTLE GEM LETTUCE, BACON PIECES, GARLIC CROUTONS, PARMESAN SHAVINGS AND SLICED CHICKEN BREAST BOUND IN A CAESAR DRESSING.



GLUTEN FREE SOUP

SERVED WITH GLUTEN FREE BREAD.

GLUTEN FREE SANDWICH

SALAD OF THE DAY YOU CHOOSE YOUR SALAD, SERVED WITH GLUTEN FREE BREAD.

SANDWICHES ETC.

YOUR SANDWICH, YOUR WAY. CHOOSE FROM...

WHITE/BROWN SLICED BREAD

NIGELLA PANINI, SOURDOUGH RUSTIC BAGUETTE, CRUSTY CORN BREAD, BRIOCHE BUN, SOFT WRAP

BBQ PULLED PORK

PULLED IRISH PORK WITH A SMOKED BBO SAUCE, BACON PIECES, TOMATO AND MELTED CHEDDAR – PERFECT IN A BRIOCHE BUN.

MEDITERRANEAN TUNA - REGULAR OR TOASTED

ETHICALLY SOURCED TUNA WITH ROASTED PEPPERS, FRESH HERBS AND A TOUCH OF FREE RANGE MAYONNAISE – TASTES FAB IN A WRAP OR ON BROWN BREAD.

CHICKEN & CHORIZO

GRILLED CHICKEN BREAST SERVED WITH SLICES OF SPANISH CHORIZO, BASIL PESTO, SEMI SUNDRIED TOMATOES AND MOZZARELLA CHEESE – GREAT ON SOURDOUGH BAGUETTE OR NIGELLA PANINI.

THE TOASTED SPECIAL

HONEY BAKED HAM, IRISH CHEDDAR CHEESE, SLICED TOMATOES AND BALLYMALOE RELISH TOASTED BETWEEN

CHICKEN & STUFFING SUPREME

I A SAGE AND ONION IAISE. PERFECT WITH A SOURDOUGH BAGUETTE OR ON SLICED BROWN.

ROASTED VEGETABLE SANDWICH

ROAST MIXED VEGETABLES, SEMI SUNDRIED TOMATOES, FETA CHEESE, RED ONION RELISH & MIXED LEAVES DELICIOUS WHEN SERVED IN A SOFT FLOUR WRAP.

TOASTED BAGEL WITH FRESH IRISH CHICKEN, SLICED TOMATO, COS LETTUCE, CRISPY BACON AND FREE RANGE

THE TRADITIONAL BLT, BACON, LETTUCE AND TOMATO WITH FREE RANGE MAYONNAISE ON TOASTED BREAD.

HEALTHY CHICKEN & COUS COUS

GRILLED BREAST OF IRISH CHICKEN WITH A CRANBERRY AND ORANGE COUS COUS WITH FRESH PEPPERS AND A NATURAL YOGURT DRESSING – FANTASTIC IN A SOFT FLOUR

HOUSE SPECIALS

SMOKED SALMON, CREAM CHEESE AND AVOCADO SERVED ON OPEN BROWN SODA BREAD

CLUB CHICKEN TRIPLE DECKER

WITH FRENCH FRIES FRESH IRISH CHICKEN, SLICED TOMATO, COS LETTUCE AND CRISPY BACON SERVED IN THREE SLICES OF TOASTED WHITE BREAD WITH FREE RANGE MAYONNAISE.

CHICKEN GOUTONS

NATURAL BREAST OF IRISH CHICKEN SERVED WITH FRESHLY COOKED FRENCH FRIES.

JUNIOR MENU

BANGERS & FRIES

100% IRISH PORK SAUSAGES SERVED WITH FRESHLY COOKED FRENCH FRIES. MINI FISHIES

MINI FILLETS OF TEMPURA BATTERED HAKE WITH FRENCH FRIES.

LASAGNE A HALF PORTION OF LASAGNE, MADE WITH 100% IRISH BEEF, SERVED WITH A MINI SALAD OR FRENCH FRIES.

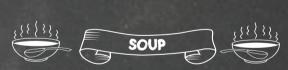
PENNE P<u>asta</u>

PENNE PASTA PIECES WITH SLICED CHICKEN, SERVED WITH YOUR CHOICE OF: PESTO AND GRATED PARMESAN, OR TOMATO SAUCE AND GRATED PARMESAN

HAM & CHEESE TOASTIE

HAM OR CHEESE SANDWICH

2 SCOOPS OF VANILLA ICE CREAM WITH CHOCOLATE SAUCE.



ESQUIRES SOUP OF THE DAY



SEE DISPLAY AT COUNTER

AFFOGATO... FOR THAT SPECIAL TREAT!

SCOOP OF VANILLA ICE CREAM TOPPED WITH A SHOT OF HOT ESPRESSO AND SHORTBREAD BISCUITS.

GLUTEN-FREE SWEET

CHOCOLATE AND PEANUT CAKE TOBLERONE CAKE **GLUTEN FREE COOKIES** FRUIT SCONE



