
















# BREAKFAST MENU






AVAILABLE FROM 7 AM TO 12 PM

Bagel with smoked salmon and cream cheese .....		8.50
Bagel with bacon and scrambled egg .....		8.50
Breakfast Buttie.....		5.50
Freshly cooked bacon or sausage on a soft Ciabatta roll		
Croissant.....		2.50
Chocolate or Almond		
Freshly made scone with cream and jam.....		3.25
Muffin.....		3.00
Blueberry, Sticky Toffee, or Chocolate		
Fresh Fruit Salad .....		3.00
Porridge served with your choice of topping.....		4.00
Banana, Strawberry and Honey Blend		
Pumpkin Seed, Sunflower Seed, Cranberry and Honey		
Plum, Apricot and Mandarin Compote with Coconut		
Energiser Breakfast Bowl .....		5.00
Energy Booster		
Rye flakes, banana, grapes honey, dried cranberries, mixed nuts, seeds and cinnamon		
Healthy Choice		
Barley flakes, strawberries, raisins, pomegranate, dried goji berries, chia seeds		
Fruity Brekkie		
Muesli, banana, strawberries, mango, apple, raisins, plum, apricot and mandarin compote		
Poached Egg Pot.....		5.00
Salmon & Avocado		
Bacon & Spicy Beans		
Feta & Spicy Beans		

## Allergy advice

-  Cereals containing gluten
-  Crustaceans
-  Egg
-  Fish
-  Peanuts
-  Soy beans

-  Dairy
-  Nuts
-  Celery
-  Mustard
-  Sesame seed
-  Sulphur dioxide

-  Lupin
-  Molluscs
-  Vegetarian
-  Available as vegetarian
-  Gluten free






# LUNCH MENU

AVAILABLE FROM 12 PM TO 3 PM

## FRESHLY MADE SANDWICHES.....6.50

Add soup..... 2.00    Add side salad..... 2.95

## CHEF'S SELECTION SANDWICHES

BLT .....  ..... 6.50  
Tuna, sweetcorn and cheese .....  ..... 6.50  
Ham and cheese .....  ..... 6.50  
Roast chicken with stuffing and mayonnaise.....  ..... 6.50  
Tofu, mixed leaf lettuce and tomato .....  ..... 6.50

## SELECTION OF DELICIOUS FRESHLY MADE SALADS

Choose any one of today's selection ..... 7.95  
Mix'n'match mini portions of all three ..... 7.95  
Add chicken or turkey ..... 2.00

## DAILY SPECIALS

Soup of the day..... 5.50  
Hot dish of the day.....

### COFFEE

Espresso ..... 2.50  
Espresso Macchiato..... 2.50  
Americano ..... 2.50  
Cappuccino ..... 3.00  
Café Latte ..... 3.00  
Vanilla Latte ..... 3.50  
Caramel Latte..... 3.50  
Café Mocha..... 3.50  
Hot Chocolate..... 3.50  
Macchiato ..... 3.50

### TEA

Irish Breakfast Tea ..... 2.00  
Green Tea ..... 2.50  
Camomile Tea ..... 2.50  
Jasmine Tea..... 2.50  
Peppermint Tea..... 2.50  
Earl Grey ..... 2.50

### SMOOTHIES

Berry Berry..... 3.50  
Mango Passion..... 3.50  
Tropical ..... 3.50  
Honey Child ..... 3.50  
Sweet Berry ..... 3.50  
Breakfast Time ..... 3.50