



HOT BEVERAGES

Tea	€2.50
Selection of Herbal & Fruit Teas	€2.50
Americano	€3.00
Cappuccino (Contains 7)	€3.00
Café Latte (Contains 7)	€3.00
Hot Chocolate	€3.00
Babychino	€2.00
Flavoured Coffee	Add .50c
<i>Caramel, Vanilla, Hazelnut or Almond</i>	
Tea Selection	€2.50 each
<i>Lemon & Ginger Tea</i>	
<i>Peppermint Tea</i>	
<i>Traditional Black Tea</i>	
<i>Camomile Tea</i>	
<i>Green Tea</i>	
<i>Earl Grey</i>	
<i>Decaffeinated Tea</i>	



BREAKFAST

AVAILABLE FROM 10AM - 12NOON

The Sunrise €7.95 *(No Alterations)*

One Slice of Sourdough, Two Rashers of Bacon, Scrambled Eggs (Contains 1,3,7)

Three Egg Omelette €7.95

With Bacon, Cheese, Tomato (Contains 3,7)

Full Irish €10.00

Two Sausages, Black & White Pudding, Rasher, Fried Egg, Toasts (1Contains 3)

French Toast €7.95

Two Slices of Sourdough, dipped in Egg, Pan Fried with Bacon & Maple Syrup (Contains 1,3,7)

Breakfast Wrap €7.95

Whole Wheat Tortilla Wrap, Bacon, Peppers, Onion, Cheddar Cheese (Contains 1,3,7)



LUNCH

AVAILABLE FROM 12NOON TILL 3

Homemade Soup of the Day €4.95

With Crusty Bread Rolls or Brown Bread
(Contains 1,3,7,9)

SALADS

Chicken Caesar Salad (Main Course) €12.00

Baby Gem Lettuce, Bacon Lardons, Parmesan Cheese, Croutons, Creamy Dressing (Contains 1,3,4,7,10)

Add 3 Queen Prawns (Contains 14) €2.00

Superfood Salad (Main Course) €12.00

Beetroot, Seasonal Fruits and Berries, Cherry Tomato, Mixed Leaves, Super Quinoa, Toasted Almonds, House Dressing (Contains 8,10)



OPEN SANDWICH COMBO

Open Sandwiches Combo €9.50

Served on Brown Soda Bread & Fries or Cup of Homemade Soup (Contains 1,3,7,10)

Choose one of the following fillings:

- Oak Smoked Salmon (Contains 4)
- Roast Chicken
- Coldwater Prawn & Crab Meat, Marie Rose Sauce (Contains 14)
- Bacon, Avocado & Feta Cheese
- Ham, Tomato, Red Onion & Cheddar Cheese

TORTILLA WRAPS

Tortilla Wraps €8.95

All Served with Side Salad, Fries or Kupp of Homemade Soup

Smoked Salmon Wrap Baby Gem, Mixed Peppers, Red Onion, Avocado Pear (Contains 1,3,4,7)

“Smokey Chicken” Wrap Home Smoked Sliced Chicken Breast, Parmesan Cheese, Bacon Lardons, Creamy Caesar Dressing (Contains 1,3,4,7,10)

Quinoa Magic Wrap Whole Wheat Wrap, Pumpkin Seed, Feta Cheese, Tomato, Red Onion, Peppers, Super Quinoa Seed, Side of Hummus (Contains 1,3,7,8,10)



FRESHLY BAKED CAKES & TREATS

Please see Kupp Counter for our
delicious selection (Contains 1,3,5,6,7,8)

ON THE RUN ... AVAIL OF OUR GRAB & GO OPTION

Takeaway Sandwich & Tea or Coffee €6.50
(Contains 1,3,5,6,7,8)

ALLERGENS

- | | |
|-------------------|----------------------------------|
| 1 - Gluten | 2 - Crustaceans |
| 3 - Eggs | 4 - Fish |
| 5 - Peanuts | 6 - Soybeans |
| 7 - Dairy | 8 - Nuts |
| 9 - Celery | 10 - Mustard |
| 11 - Sesame Seeds | 12 - Sulphur dioxide & Sulphites |
| 13 - Lupins | 14 - Molluscs |



AFTERNOON TEA

AVAILABLE FROM 12PM – 4PM

THREE TIER DELIGHT

Sumptuous selection of freshly baked scones, savoury sandwiches and delicious indulgent sweet treats.

€14.95
PER PERSON

TIPSY TEA

Spirited Afternoon Tea of savoury sandwiches, sweet treats and sensational house cocktail.

WITH HOUSE
COCKTAIL
€19.95
PER PERSON

Afternoon Tea Allergens (Contains 1,2,3,4,5,7,8)

Exceptional care goes into the preparation of our beautiful Afternoon Tea, so please book in advance to allow us to create this delightful treat for you.

T: 056 7721122

WITH
GLASS BUBBLY
OR GIN & TONIC
€21.95
PER PERSON

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