



# • BREAKFAST •

AVAILABLE 7 DAYS A WEEK FROM 8AM TO 11AM




## PORRIDGE BOWLS

**CLASSIC PORRIDGE** 442Cal (Oats, Almonds)   €6.50

Oats, House Made Granola, Banana, Strawberries, Blueberries.

Add: Honey or Maple Syrup

Chef Recommends: Add Oat Milk Flat White €4.10

**PB & J** 710Cal (Oats, Peanuts, Almonds)    €8.50

Oats, House Made Peanut Butter, House Made Granola, Banana, Blueberries, Almonds, Irish Raspberry Jam

Add: Honey or Maple Syrup

Chef Recommends: Add Americano €3.10

**ALMOND BUTTER & DATES** 627Cal (Oats, Almonds)   €8

Oats, House Made Almond Butter, House Made Granola, Bananas, Cocoa Nibs, Strawberries, Dates.

Add: Honey or Maple Syrup

Chef Recommends: Add Coconut Milk Latte €4.10

## TOASTS

**THE NUTBUTTER TOAST** 582Cal   €6.50

(Wheat, Barley, Oats, Almonds)


Almond Butter, Bananas, Cocoa Nibs

Chef Recommends: Oat Milk Flat White €4.10

**AVO SMASH** 336Cal     €6.50

(Wheat, Barley, Oats, Peanuts, Soy, Sesame)

Smashed Avocado, Spicy House Made Peanut Rayu

Chef Recommends: Add Smoked Salmon €4.50 (Fish) 

Chef Recommends: Add Americano €3.10

## Coffee

Double Espresso €3.00

Americano €3.10

Cappuccino €3.60

Latte €3.60

Flat White €3.60

Cortado €3.40

House made Mocha €4.75

House made Hot Chocolate €4.25

Iced Coffee €4.50

(includes choice of syrup & plant-based milk)

Add Plant-based milk €0.50

Add Syrup €0.75


## EGGS

**EGG TOSTADAS** 230Cal     €9.50

(Eggs, Dairy, Soy, Sesame)

Cage-Free Scrambled Eggs, Guacamole, Plant-Based Sriracha Mayo, Feta Cheese, Coriander, Sesame Chilli Salt

Upgrade to Plant-Based Feta €0.50

Chef Recommends: Add Smoked Salmon €4.50 (Fish) 

Chef Recommends: Add Oat Milk Flat White €4.10

**HUEVOS RANCHEROS** 312Cal      €11.50

(Wheat, Eggs, Dairy, Soy, Sesame, Sulphites)

Cage-Free Scrambled Eggs, Plant-Based Chili, Black Beans, Guacamole, Pico de Gallo, Feta Cheese, Coriander, Toasted Blue Corn Tortillas, Sesame Chilli Salt

Upgrade to Plant-Based Feta €0.50

Chef Recommends: Add Oat Milk Flat White €4.10

## GRAB & GO

**OVERNIGHT OATS** 473Cal (Oats, Peanuts)   €4.95

Oats, House Made Peanut Butter, Chia, Cranberries, Blueberries

**BANANA MUFFIN** 215Cal (Oats, Sulphites)   €2.95

Oats, Banana, Dark Chocolate

**13g PROTEIN BAR** 454Cal (Oats, Peanuts)   €3.95

Oats, House Made Peanut Butter, Seeds, Cranberries

**24g OVERNIGHT PROTEIN OATS** 416Cal    €5.50

(Oats, Almonds, Dairy)

Oats, Coffee, Yogurt, Vanilla Whey Protein Powder

## Cold Drinks

WB Yeats Still & Sparkling Water €2.65

Parachute CBD €3.50

Synerchi Kombucha €4.95

(Ginger & lemongrass, Raspberry & Rosehip, Coconut & Pineapple)

Connollys Juices €3.95

(Elderflower & Raspberry, Apple & Pear)

Raw Juices 250ml €3.95

(Fresh Orange Juice, Cold Pressed Apple Juice)

Gunna Lemonade €2.95

(Ginger or Raspberry)



Celery Sesame Peanuts Soy Mustard Sulphites Gluten Dairy Nuts Fish Egg