



Morning Delights

Freshly baked plain or fruit scone Served with preserves & cream (1,3,10)	€3.20
Butter Croissant Served with preserves & butter (1,3,10)	€3.00
Almond Croissant (1,3,10,11A)	€3.50
Pain au raisin (1,3,10)	€3.00
Pain au chocolate (1,3,10)	€3.50
Warm Fruit Bread Served with butter & preserve (1,3,10)	€3.75
Porridge Bread Served with honey & butter (1,3,10)	€3.75
Velvet Cloud Yoghurt & Granola Bowl (3,10,11H)	€5.00
Wild Cherry overnight Oats (3W,10)	€4.00
Vegan Chocolate Protein Ball (3W,11A)(VG)	€1.50
Cinnamon and Raisin Protein Ball (3W,11C)(VG)	€1.50

Smoothie Corner

Strawberry-Blueberry-Banana Smoothie (10)	€5.00
Mixed berry & Yoghurt Smoothie (10)	€5.00
Alternative Milk (oat, soy, almond, coconut)	€1.00
Add a scoop of protein powder	€2.00

Savoury Options

Available from 8am

Sandwiches

Buffalo Mozzarella Plum tomato, tomato chutney, rocket, basil dressing, ciabatta loaf (3W,4,10)(V)	€8.00
Pepper Seared Irish Beef Onion jam, Emmenthal cheese, gherkins, parsley mayonnaise, baby gem, wholegrain tortilla wrap (1,3W,4,7,10)	€9.50
Croque Monsieur, Parma ham, gruyere cheese & light mustard, sourdough (3W,4,7,10)	€9.00
Ham & Cheese Toastie On white bread, tomato relish (3W,10)	€5.00

Wraps

Vegan Tortilla Wrap, quinoa, avocado, red pepper, cucumber, rocket salad, satay sauce (3W,4,13)(VG)	€7.50
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Salad bowls

Shredded Marinated Chicken Breast Noodles, carrot, cucumber, mint, coriander, cashew nuts, chilli dressing (1,3,4,11C)(GF)	€12.00
Super Food Salad Beetroot, almonds, quinoa, grapefruit, spinach, avocado & egg, satay dressing (1,6,11A,13)(GF)(V)	€10.00

Chicken Caesar salad, baby gem lettuce, parmesan, croutons, bacon, caesar dressing (1,3W,4,7,10)	€12.00
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Sweet Counter

Lemon & Blueberry Tart Citrus meringue, raspberry jam (1,3W,4,10)	€5.00
Apple & Cinnamon Oat Crumble, Vanilla cream (1,3W,10)	€5.00
Carrot Cake (1,3W,10,11W)	€5.00
Cherry & Chocolate brownie (1,3W,10)	€5.00
Flapjack (3W)	€3.75
Chocolate & Smartie Cookie (1,3,10)	€3.00

Coffee Counter

Americano	€3.30
Cappuccino	€3.80
Flat white	€3.60
Latte	€3.80
Espresso	€3.80
Hot Chocolate	€4.00
Alternative Milk (oat, soy, almond, coconut)	€0.65
Tea	€3.00
Herbal tea	€3.20

Allergens 1) Eggs 2) Molluscs 3) Gluten 4) Sulphur Dioxide 5) Celery 6) Sesame Seeds 7) Mustard 8) Crustaceans 9) Lupin 10) Milk 11) Nuts
11A) Almond 11C) Cashew 11H) Hazelnut 11W) Walnut 11P) Pistachio 12) Soybeans 13) Peanut 14) Fish
GF) Gluten Free H) Healthy V) Vegetarian GFA) Gluten Free Adaptable VG) Vegan

Please note some dishes can be varied to suit allergens. Please advise server before ordering.