

BRICFEASTA

Tósta	3.95
Toasted sourdough or homemade brown bread w/ Irish butter & Lismeen Farm hedgerow jelly	
Gránola Ósta	8.55
Seasonal fruit compote, greek yogurt, homemade organic Kilbeggan granola, homemade chocolate hazelnut drizzle, roasted hazelnuts, mixed seeds	
Stirabout	
Organic Kilbeggan porridge	4.55
Add greek yogurt & cinnamon infused berries	+3.00
Add knocknarea honey, hazelnuts & seeds	+2.55
Pancóga <i>Our famous homemade pancakes with:</i>	
Andarl Farm crispy bacon, dark maple syrup	11.95
Cinnamon infused berries, greek yogurt	10.65
Homemade zesty lemon butter sugar syrup	9.75
Gluten free	+2.00
Bap Fergal	12.95
Clarkes sausages, Andarl Farm black & white pudding & crispy streaky bacon, Fried Ballisodare egg, Irish butter, sourdough sprouted rye bap	
Tósta Trí Chéile	10.55
Mixed beans in a smokey tomato sauce, roasted garlic oil, Crogham Farm herbs, toasted sourdough	
Add Gubbeen chorizo	+2.65
Add Poached egg	+2.00
Ubh Ósta	12.95
Homemade potato cakes, Andarl Farm crispy bacon, Poached Ballisodare eggs, fresh Hollandaise sauce	
Trí Ubh Omlette	12.95
3 Ballisodare egg omlette w/ crispy breakfast potatoes or toasted sourdough	
Andarl Farm ham, Barr Rua & Emmental cheese or	
Roasted butternut squash & Leitrim Hill goats cheese	
Ubh Benedict	12.95
Andarl Farm ham, Poached eggs, tomato relish, toasted sourdough, fresh Hollandaise sauce	

NÍOS MO - ADD ON

Bacon	3.50	Sausages	3.50
Toast w/ butter	3.50	Smokey beans	3.50
Black & white pudding		3.50	
Eggs (Fried/Poached)		3.50	
Breakfast Potatoes w/ tomato relish			4.00
Mini granola pot, Greek yogurt & seasonal fruit compote			4.00

LÓN

Seasonal soup of the day	6.95
Please see our specials board	
Jerk Bap	14.55
Shredded Rockvale Farm Jerk chicken, coconut & seasonal veg 'slaw, sourdough sprouted rye bap, crispy potatoes, homemade aioli	
Croque Monsieur	10.55
Andarl farm ham, Barr Rua & Emmental cheese, béchamel sauce, tomato relish	
Croque Madame; add a fried egg	+2.00
Breac Bagel	14.55
Goatsbridge cold smoked rainbow trout, cream cheese, house pickle, red onions & mixed seeds	
Bap Leitrim Hill	11.55
Leitrim Hill goats cheese, roasted seasonal vegetables, baby leaf salad, tomato relish, sourdough sprouted rye bap	
Sasta bowl / wrap	11.55
Roasted seasonal veg, roasted carrot hummus, baby leaf salad, Lismeen hedgerow dressing, roasted hazelnut & seed mix	
Add Leitrim hill goats cheese	+3.95
Add Jerk Chicken	+3.95
Giant sausage roll	8.95
Served with tomato relish & toasted coconut & seasonal veg slaw	

NÍOS MO - ADD ON

Roasted Carrot hummus & tortilla chips	5.95
Cup of soup	4.00
Keoghs Crisps	1.95

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