



SEASONAL SUSTAINABLE SUPPORTING LOCAL

BRICFEASTA

Tósta 3.95
Toasted sourdough or homemade brown bread w/
Irish butter & Lismeen Farm hedgerow jelly

Gránóla Ósta 8.55
Seasonal fruit compote, greek yogurt, homemade
organic killbeggan 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 *Our famous homemade pancakes with;*

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

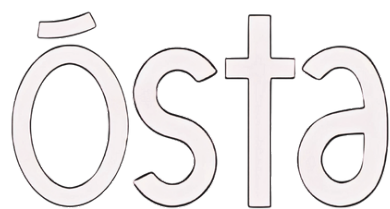
Sasta bowl / wrap 11.55
Roasted seasonal veg, roasted carrot hummus, baby
leaf salad, Lismeen hedgerow dressing, roasted
hazelnut & seed mix

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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Homemade zesty lemon butter sugar syrup 9.95
Gluten free 2.00

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egg, Irish butter, sourdough sprouted rye bap

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Add Gubbeen chorizo 2.45

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sauce

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Roasted butternut squash & Leitrim Hill goats
cheese 12.95

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Add Jerk Chicken 3.95

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