



Breakfast...

(Weekdays until 12pm - Weekends until 2pm)

- ♥ **Organic Oats** **6.90**
 Hearty Hot Porridge made with Dairy or Plant Milk (Almond, Soya, Coconut, Oat)
 Mixed berry compote or
 Banana & choc chip (contains 2,7,12,15)
- ♥ **Honey Toasted Granola** **7.95**
 Our own blend of Seeds, Nuts and Dried Fruit, sweetened with Honey and topped
 with Greek yogurt and mixed berry compote. (contains 2,7,10,11,12,14,15)
- ♥ **Smashed Avocado** **9.00**
 Smashed Avocado and Free Range Poached Eggs served on Homemade
 Soda Bread, Add Bacon. 2.00 (contains 2,4,7,14)
- ♥ **Eggs Benentine** **9.50**
 Free Range Poached eggs, Wilted Spinach, Back Rashers on
 Homemade Soda Bread topped with Hollandaise sauce (contains 2,4,7,10,12,14)
- ♥ **Eggs your way** **8.50**
 Scrambled, Poached or Fried Free Range Egg served with
 Homemade Soda Bread / White or Brown Toast
 Add Bacon, Salmon or Sausage **2.00** (contains 2,4,5,7,14)
- ♥ **Pancake Stack** (available all day) **10.50**
 Homemade Fluffy Pancakes served with Bacon and Maple Syrup
 Homemade Fluffy Pancakes served with Carmel Syrup, Strawberry and Fresh Cream
 (contains 2,4,7,14)
- ♥ **Breakfast Bap** **9.50**
 Flourey Bap with Sausage, Bacon, Fried Egg, Relish served with house Salad
 (contains 2,4,7,14)
- ♥ **Free Range Omelettes** (available all day) **10.50**
 Served with Homemade Soda Bread and our Tomato Relish
 3 ingredients, Add extra **2.00**

 - ♥ **Breakfast:** Sausage, Bacon, Black Pudding (contains 2,4,14)
 - ♥ **Savoury:** Ham, Cheese and Onion (contains 2,4,7,14)
 - ♥ **Veggie:** Spinach, Cheese and Tomato (contains 2,4,7)

Allergen Key:

1. Celery 2. Wheat 3. Crustaceans 4. Egg 5. Fish 6. Lupin 7. Milk
 8. Mollusc 9. Mustard 10. Nuts 11. Peanuts 12. Sesame 13. Soybean 14. Sulphate



Lunch...

- ♥ **Homemade Soup** **5.50**
 Served with Our Homemade Soda Bread (contains 2,4,7)
- ♥ **Toasted Bagels**

 - ♥ Cream Cheese (contains 2,4,7,12) **6.60**
 - ♥ Cream Cheese and Bacon (contains 2,4,7,12,14) **8.30**
 - ♥ Bacon, Lettuce, Tomato (contains 2,4,14) **8.30**
 - ♥ Smoked Salmon and Cream Cheese (contains 2,4,5,7) **8.30**
- ♥ **Vegan Burger** **9.50**
 Fresh Garden Herbs, Chickpea and Sweetcorn Pattie on a Biroche Bun
 with mixed leaves and tomato relish. Served with house salad (contains 2,4,10)
- ♥ **Caesar Salad** **12.50**
 Grilled Chicken Breast, Crispy Bacon, Baby Gem, Parmesan, Herb Croutons,
 Caesar Dressing Salad served with Homemade Soda Bread on the side
 (contains 2,4,5,7,14)
- ♥ **Vintage Salad** **12.50**
 Crispy Bacon, Chicken, Beetroot, Cucumber, Cherry Tomatoes, Free Range Boiled Egg
 on a bed of Lettuce, French Dressing and Soda Bread (contains 4,7,10,14)
- ♥ **Caesar Wrap** **10.20**
 Chicken Breast, Crispy Bacon, Baby Gem, Parmesan, Caesar Dressing on
 a Tortilla Wrap (not toasted) Served with House Salad. (contains * 2,4,5,7,14)
- ♥ **Vegan Wrap** **10.20**
 Homemade Hummus, Falafel, Grated Carrots, Mixed Greens on a Tortilla Wrap
 (not toasted) Served with house salad (Contains.* 2)
- ♥ **Sourdough Sandwich** (Choose from 3 fillings) **9.90**
 Options: Chicken, Bacon, Salmon, Falafel, Cheese, Tuna
 Tomato, Onion, Lettuce, Cream Cheese, Hummus, Pesto.
 Extra Fillings: 2.00 (Contains.* 2,4,5,7)

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