



MENU

BREAKFAST

7.00AM - 11.00AM

PORRIDGE €4.50

Contains allergen 6 oats

SAUSAGE & BACON MUFFIN €7.50

Contains allergens 6 wheat, 7, 8, 11, 13

WOODLAND MUSHROOM
& EMMENTAL CHEESE MUFFIN €7.50

Contains allergens 6 wheat, 7, 8, 11

SMOOTHIE €3.50

Contains allergens 7, 9

SCONES €3.50

Contains allergens 6 wheat, 7, 11

PASTRIES €2.50

Contains allergens 6 wheat, 7, 11

MUFFINS €3.50

Contains allergens 6 wheat, 7, 11

FRUIT SALAD €3.50

Contains allergen 9

DRINKS

	12oz	16oz
FLAT WHITE Contains allergen 7	€3.65	

CAPPUCCINO Contains allergen 7	€3.65	€4.10
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LATTE Contains allergen 7	€3.65	€4.10
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MOCHA Contains allergen 7	€3.80	€4.40
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HOT CHOCOLATE Contains allergen 7	€3.40	€4.00
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FLAVOURED LATTE Contains allergen 7	€4.10	€4.50
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AMERICANO	€3.65	€4.10
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CHAI LATTE Contains allergen 7	€3.90	€4.40
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LOOSE LEAF TEA.....	€3.65	
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ESPRESSO.....	€3.15	
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DOUBLE ESPRESSO.....	€3.90	
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ESPRESSO MACCHIATO Contains allergen 7	€3.15	
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DOUBLE ESPRESSO MACCHIATO Contains allergen 7	€3.90	
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COLD DRINKS.....	FROM	€2.50
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Soy milk (Contains allergen 8) and Almond milk (Contains allergen 5 almond) available on request

ALL DAY

11.00AM - 10.00PM

GREEK SALAD€11.50

Feta, tomato, red onion, cucumber, black olives
and baby gem, red wine dressing

Contains allergens 7, 9, 13

CAESAR SALAD€11.50

Cos, parmesan, croutons, anchovy dressing

Contains allergens 3 anchovies, 6 wheat, 7, 11, 12, 13

FEEL GOOD SALAD €12.50

Tender stem broccoli, pecans, dried cranberries,
quinoa and seasonal leaves, lime dressing

Contains allergen 5 pecans

HAM & CHEESE PANINI..... €8.00

Contains allergens 6 wheat, 7

CHICKEN, SPINACH
& CREAM CHEESE WRAP €8.00

Contains allergens 6 wheat, 7

TUNA MELT PANINI €8.50

Contains allergens 3 tuna, 6 wheat, 7, 11

PULLED PORK PANINI €9.50

Contains allergens 6 wheat, 7

CHICKEN BURRITO €9.50

Contains allergens 6 wheat, 7

SMOKEY BEAN
& PEPPER BURRITO (V) €9.50

Contains allergens 6 wheat, 7

VEGAN SAUSAGE ROLL..... €3.50

Contains allergen 6 wheat

CHILLI SAUSAGE ROLL €3.50

Contains allergens 6 wheat, 8, 9, 11



SWEET TREATS & SNACKS

BRODERICK'S BARS €2.50

Contains allergens 5 almonds, 6 wheat, barley, oats, 7, 8

DOUGHNUTS €4.50

Contains allergens 5 hazelnuts, pecans, 6 wheat, 7, 8, 9, 11

CRISPS €2.50

POPCORN €2.50

FRESH FRUIT €1.00 PER ITEM

Bananas, apples, oranges

CAKE OF THE DAY €5.50

please check with server for allergens

ALLERGEN INDEX

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|---------------------------------|-----------------------|
| 1. Crustaceans | 8. Soya |
| 2. Molluscs | 9. Sulphur dioxide |
| 3. Fish | 10. Sesame seeds |
| 4. Peanuts | 11. Eggs |
| 5. Nuts | 12. Celery & celeriac |
| 6. Cereals
containing gluten | 13. Mustard |
| 7. Milk/milk products | 14. Lupins |