

# Menu

OPENING TIMES 7 A.M. - 5.15 P.M. DAILY

## BREAKFAST CHOICES 7AM - 11.30AM

<b>Acai Smoothie Bowl</b>	€7.25
served with coconut and chia seeds along with side of parlor toasted Quinoa granola	
<b>Parlor Toasted Quinoa Granola</b>	€6.25
served with Homemade mixed berry compote and natural yoghurt	
<b>Bircher Pot</b>	€6.25
overnight organic oats with green apple served with honey and berries	
<b>Organic Porridge</b>	€5.75
topped with banana, almond flakes, chia seeds served along with honey on the side	
<b>Homemade Smashed Avocado and Bacon</b>	€6.75
served on white or brown toasted bread topped with bacon	
<b>Freshly Baked Pastries</b>	"FROM" €3.25
see our selection	
<b>Homemade Scones</b>	€3.50
ask for our selection of the day	

## LUNCH SELECTION 11.30PM - 4.30PM

<b>Homemade Soup</b>	€6.25
served with Artisan bread and butter	
<b>Sandwich of the Day</b>	€7.25
<b>Quiche of the Day</b>	€7.95
<b>Croque- Monsieur</b>	€6.25
<b>Wrap of the Day</b>	€6.95

All served with mixed leaves and seeds

## LIGHT BITES AND DESSERTS

<b>Baked homemade granola bar</b>	€3.00
<b>Homemade caramel slice</b>	€3.75
<b>Homemade Brownie served warm with ice cream</b>	€4.95
<b>Variety of freshly baked gateaux and cakes</b>	€4.95

## SMOOTHIE SELECTION (prepared to order)

<b>Breakfast</b>	€5.75
organic oats, banana, yoghurt and honey	
<b>Mixed berry</b>	€5.75
forest fruit, yoghurt and honey	
<b>Tropical</b>	€5.75
mango, banana, orange juice, yoghurt and honey	

## Afternoon Tea (pre booked only)

Selection for €27 per person

### Sandwiches

House smoked Castletownbere, salmon, mustard emulsion, pickled cucumber, Guinness bread

Cherry tomato and St. tola goats cheese pumpkin bread

Egg mayonnaise and cress white bread

Chicken and avocado poppy seed roll

### Classic buttermilk scones

Chocolate and Praline flavour éclair

Lemon drizzle and poppy seed cake

Raspberry pot crème, lemon gel

Vanilla cheesecake, strawberry and lime centre, shortbread

Panna cotta Elderflower and rhubarb

### Choice of teas

## HOT BEVERAGES

Espresso	€2.80
Macchiato	€3.25
Americano	€3.00
Latte	€3.45
Cappuccino	€3.25
Mockaccino	€3.25
Caramella Latte	€3.75
Matcha green tea	€3.25
Baileys coffee	€9.00
Hot Chocolate	€3.45
After Eight Chocolate	€3.75
Nutella Chocolate	€3.75
Selection of Corretto Coffee (Amaretto, Sambucca, Kalva)	

## CHILLED BEVERAGES

Pink Lemonade	€3.25
French or cloud Lemonade	€3.25
Orangeade	€3.25
Super Green Smoothie	€4.25
Simply Orange Smoothie	€4.25
Coconut Water	€4.25
Mineral Water (sparkling or still)	€3.00

## WINES

	BOTTLE	GLASS
Giuliana Garenega Pinot Grigio	€27.25	€7.50
Flores de Catalina Cabernet Sauvignon	€27.25	€7.50
Porta Leone Marca trev Prosecco 1/4 Bottle	€9.00	