



Breakfast

Available from 8am until 11.30am

Full Irish - McCarren's award-winning back bacon, Loughnane's pork sausage, black & white pudding, grilled tomato, Codd's button mushrooms, hash brown, Annalitten scrambled eggs, Firehouse bakery sour dough toast served with tea or coffee **€16.75**

Contains : ①wheat③⑥⑦⑫

Mini breakfast special to include any 4 of the above items with Firehouse bakery sourdough toast served with tea or coffee **€11.25**

Contains : ①wheat③⑥⑦⑫

Vegetarian breakfast cooked to order so please allow for a short wait and we will bring it to you table:

Smoked beans, avocado smash, fried Macrooom haloumi, poached egg
€12.95

Contains : ①wheat③⑦⑫

Vegan breakfast cooked to order so please allow for a short wait and we will bring it to you table:

Plant based breakfast, Monaghan mushroomsausage, smoked beans, hash brown, Flynn's grilled tomato and Codd's mushrooms **€12.95**

Contains : ①wheat⑥

Granola, maple syrup, Irish yogurt, fresh summer berries **€8.20**

Contains : ⑦



Lunch

Available from 12pm

Lunch Deal: Any main course, dessert and filter tea or coffee **€29.95**

Soup

Fresh soup of the day using local garden vegetables served with sourdough bread **€7.50**

Contains: ①wheat⑦⑪

Gastro Cuts

Slow cooked top rib of Irish beef caramelised onion and thyme stuffing, pan gravy, Yorkshire pudding **€23.50**

Contains: ①wheat③⑨⑫

Baked shoulder of McCarron's ham orange marmalade glaze, pan gravy **€23.50**

Contains: ⑫

Fillet of hake smoked paprika tomatoes cassoulette, caramelised garlic, cannellini bean and McCormack's baby spinach **€21.50**

Contains: ①wheat④

Shannon Vale roast chicken breast Gubeen chorizo, Lakeshore Irish mustard and tarragon cream **€20.90**

Contains: ⑦⑩⑫



Lunch

Available from 12pm

Lunch Deal: Any main course, dessert and filter tea or coffee **€29.95**

Tarts €19.50

Cooleeney camembert, caramelised onion and fig jam - pickled carrot

Contains: ①wheat③⑦⑩⑫

Macroon feta, garden of Eden baby spinach, sun blushed tomato and olive salsa

Contains: ①wheat③⑦⑫

All mains served with locally sourced seasonal vegetables, potatoes or salad selection

Irish Meadow fresh vegetables steamed and lightly buttered

Contains: ⑦

Durnin's potatoes seasoned with Irish butter

Contains: ⑦⑫

Salad bar selection

Small salad plate €14.00

Choose three salads

Chunky potato salad spring onion gherkins and mayonnaise

Contains: ③⑩⑫

Harissa chickpea, cherry tomato and roast red pepper mint dressing

Contains: ⑫

Three wheat salad tomato, cucumber, honey, lime and balsamic

Contains: ①wheat, Bulgar, Durum ⑥⑫

Asian slaw sesame, lemongrass, ginger and chili

Contains: ③⑩⑫



Childrens Menu

Flat bread pizza, tomato sauce,
pepperoni and mozzarella

€9.90

Contains: ①wheat⑥⑦⑫

Penne pasta, tomato sauce and
mozzarella cheese

€9.90

Contains: ①wheat⑦

**Crispy Shannon Vale chicken
goujon** served with chips

€9.90

Contains: ①wheat③⑦

Flow's & Go's

Fresh grab and go sandwich

€7.50

Allergen information see label

Wraps n baps selection

€8.20

Allergen information see label

Patisserie €6.50

**White chocolate, raspberry and
Compsey cream cheesecake**

butter biscuit base

Contains: ①(wheat)⑥⑦

**Rich chocolate and raspberry
framboise chocolate** Genoise

sponge

Contains: ①(wheat)③⑦

Keeling's berry posset lemon
set irish yogurt and seasonal
berries

Contains: ⑦

Vegan lemon Sicilian delice

lemon glaze and lemon
crumble

Contains: ①(wheat)

Malteser and fudge cake

Contains: ①(WHEAT, BARLEY)③⑥⑦⑧(ALMOND, WALNUT)



Baker Street Bakery

Cream Cakes €6.90

Cream filled glazed choux buns

Contains: ①wheat③⑥⑦

Vanilla slice

Contains: ①wheat⑦

Chocolate éclair

Contains: ①wheat③⑦

Sweet deal : Any pasty, scone or tray bake or muffin with or coffee €6.90

Pastry €4.90

All butter croissant

Contains: ①wheat③⑥⑦

Custard Danish

Contains: ①wheat③⑥⑦

Apple Danish

Contains: ①wheat③⑥⑦

Pan au chocolate

Contains: ①wheat③⑥⑦

Baker Street Scones €4.90

Served with whipped cream, homemade jam and butter.

Contains: ①wheat③⑦

Muffins & Tray Bakes €4.90

Carrot and walnut cake with vanilla frosting

Contains : ①wheat③⑥⑦⑧walnut

Blueberry muffin

Contains: ①wheat③⑥⑦

Gluten free coconut and honey macaroons

Contains: ③⑥⑦



Beverages

Tea **€3.00**

Speciality Teas **€3.50**

Speciality Coffee **€3.50**

Cold Drinks

Still Water **€2.50**

Soft Drink Cans **€3.50**

Allergen information See packaging

Snacks

Crisps **€2.50**

Chocolate Bars **€2.50**

Allergen information See packaging

Origin of Beef: Ireland

Allergen Information

1 Gluten	2 Crustations	3 Eggs	4 Fish	5 Peanuts	6 Soybeans	7 Milk
8 Nuts	9 Celery	10 Mustard	11 Sesame Seeds	12 Sulphur Dioxide	13 Lupin	14 molluscs



Suppliers

Sandwiches - Brunch Box, Co. Dublin

Dairy - Lakeland dairies, Coolshannagh - Co. Monaghan

Butter - Lakeland dairies, Baileborough - Co. Cavan

Fruit & Vegetables - Keelings, St Margaret's - Co. Dublin

Fresh Seafood - Kish Fish, Smithfield - Co Dublin

Bread and pastry - Baker Street & Firehouse Bakery - Co. Wicklow

Chicken - Shannonvale - Co Cork

Vegan sausage - Co Monaghan

Bacon/ham - McCarren's, Co Cork

Eggs - Annalitten - Co Monaghan

Buffalo cheese - Macrooom, Co Cork

Vegan sausage - Monaghan mushrooms - Co Monaghan

Wines →- Santa Rita

Tea & Coffee - Rob Roberts