





FRESH BEGINNING 9am - 12pm		SALADS & BAPS 12pm - 6pm	
Homemade Granola Pots 1, 6, 7, 8, 12 Clonakilty Irish yogurt with seasonal berries topped with toasted granola	€3.00	Chicken Caesar Bowl 1, 3, 4, 6, 7, 9, 10, 12 Shannon Vale chicken, baby gem, grilled prosciutto, focaccia croutons, a light Caesar dressing topped	€7.50
Seasonal Berry Pot	€3.50	with parmesan shavings	
Chilled Melon Pot	€3.00	Baked Goats Cheese Bruschetta 1, 3, 7, 9, 12 With roasted vegetables seasonal leaves	€7.50
SMOOTHIE MENU		Toasted Brioche Bacon Bap 1, 3, 7, 9, 12 With Bandon Vale cheddar, Ballymaloe relish	€5.00
Green Machine Pineapple, mango, spinach, kale & mint	€4.00	Slow Cooked Pulled Pork Bap 1, 3, 7, 9, 12	€5.00
Yellow Breeze	€4.00	With spiced apple chutney house slaw	
Pineapple, mango, avocado, banana, butternut squash & basil		PIZZA CORNER (12 INCH) 12pm - 9pn	า
Red Sunrise Strawberry, mango, red beetroot, ginger & coriander	€4.00	Classic Margherita 1, 6, 7, 9 Rich tomato sauce topped with mozzarella with torn	€11.00 basil
BAKER'S CORNER 9am - 6pm	€2.50	Bluebell Falls 1, 6, 7, 9, 12 Rich Bluebell Falls goats cheese, caramelised red onio wilted rocket	€13.00 n,
Homemade Scones 1, 3, 7, 12 Freshly baked scones served with Clona butter & preserves		Meat Feast 1 , 6, 7, 9 Trio of pepperoni, salami, ham with tomato sauce,	€14.00
Butter Croissants 1, 3, 7	€2.50 €2.50 €2.50	mozzarella chilli oil	
Pain au Chocolate 1, 3, 7		Spicy Barbecued Chicken 1, 6, 7, 9 Shannon Vale chicken, torn mozzarella, sticky barbeque sauce	€14.00
Selection of freshly baked Muffins 1, 3, 6, 7, 11, 12			
Cookies 1, 3, 6, 7, 11, 12	€2.00	Spicy Pepperoni 1, 6, 7, 9 Vine tomato sauce, mozzarella, chilli oil	€13.00
		Dips - Garlic Mayo, BBQ Sauce, Sweet Chilli Mayo	€1.50



SWEET TREATS 12pm - 9pm

Toasted Belgian Waffle 1, 3, 6, 7 Served with a berry compote, whipped cream	€5.00	
Chocolate Brownie 1, 3, 7, 8 Served with dairy cream	€5.00	
Maxi Twist or Oreo Ice Cream (see label for allergens)		
COFFEE CORNER 9am - 9pm		

Tea	€2.80	Latté	€3.50
Speciality Tea	€3.20	Flat White	€3.20
Americano Cappuccino	€3.00 €3.50	Mocha	€3.50 €3.20
		Herbal Tea	
Espresso	€3.00	Hot Chocolate	€3.00

ALLERGEN INFORMATION

1. Cereals containing gluten 2. Crustaceans 3. Egg 4. Fish 5. Peanut 6. Soya beans 7. Milk/Dairy 8. Nuts 9. Celery 10. Mustard 11. Sesame seeds 12. Sulphur Dioxide 13. Lupin 14. Molluscs

