



CAFÉ MENU

MON-WED | 9AM-3:00PM

TOASTIES

Our toasties are prepared in house with local and home made ingredients. All served on white sourdough with melty mozzarella cheese and tortilla chips.

HAM & CHEESE (1 - WHEAT, 6, 7)

Ham with melted mozzarella cheese

€8.90

ITALIAN (1 - WHEAT, 6, 7, 8 - PINE NUTS)

Pepperoni with mozzarella, tomato and pesto

€9.50

PULLED CHICKEN & CHEESE (1 - WHEAT, 6, 7, 10)

Cajun chicken with mozerella cheese and sweet chilli mayo

€8.90

VEGGIE WRAP (1 - WHEAT, 6, 7, 8 - PINE NUTS)

Goats cheese, Mediterranean roast veg, salad leaves, pesto

€8.90

SOUP OF THE DAY (1 - WHEAT, 7)

Served with our homemade treacle brown bread

€7.20

FRESHLY BAKED SCONES (1 - WHEAT: OATS, 3, 7, 8)

Choose from plain, fruit, porridge and raspberry & coconut.
Served with a choice of butter or fresh cream, and jam.

€3.40



VEGAN



AVAILABLE VEGAN

Please ask your server for details



VEGETARIAN



AVAILABLE GLUTEN FREE

Please ask your server for details



GLUTEN FREE

ALLERGEN MENU GUIDE

1. GLUTEN

2. CRUSTACEANS

3. EGGS

4. FISH

5. PEANUTS

6. SOYBEANS

7. MILK

8. NUTS

9. CELERY

10. MUSTARD

11. SESAME SEEDS

12. SULPHUR DIOXIDE
& SULPHITES

13. LUPIN

14. MOLLUSCS

While we do our utmost to avoid cross contamination, all items may contain traces of allergens above including nuts and gluten. Please inform us of any allergens or dietary requirements on ordering.



CAFÉ MENU

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YOGHURT, FRUIT & GRANOLA BOWL (1 - WHEAT, OATS 7,8) €7.60

Muddled fruit topped with yoghurt and strawberry & vanilla granola and drizzled with honey

ACAI BOWLS (6)

Our Acai bowls are all made to order. You can choose your unique Acai bowl, by selecting the size, add your base and choose your toppings. All our ingredients are locally sourced and freshness guaranteed!

1. CHOOSE YOUR SIZE: SMALL (80Z) €7.30 MEDIUM (120Z) €9.40

2. CHOOSE YOUR BASE: Pink Pitaya, Mango Mash, or Acai (6)

3. ADD YOUR TOPPINGS - PICK 3 TOPPINGS:

Strawberry &
Vanilla granola

Nutty Crunch
granola
(8 - ALMONDS,
PECANS, HAZELNUTS)

Blueberries

Banana

Strawberries

Banana Chips

Desiccated Coconut

Pumpkin Seeds

Almonds
(8 - ALMONDS)

Honey

Agave Syrup

Cinnamon

COFFEE

We pour the "Great Taste Award" winning Fixx Coffee.
All our coffees are made with a double shot of espresso

ESPRESSO	€3.40	HOT CHOCOLATE & MARSHMALLOWS (7)	€4.30 + 70c
MACCHIATO (7)	€3.60	KIDS HOT CHOCOLATE (7)	€3.40
AMERICANO	€3.90	FLAVOURS/EXTRA SHOT/	
CAPPUCCINO/LATTE (7)	€4.40	SOYA (6) / ALMOND (8 - ALMONDS) / OAT MILK (1 - OATS)	70c
MOCHA (7)	€4.60	LYONS TEA	€3.40
FLAT WHITE (7)	€4.20	SOLARIS HERBAL TEA	€3.90
CHAI LATTE (7)	€4.50		



VEGAN



VEGETARIAN



GLUTEN FREE



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AVAILABLE GLUTEN FREE
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2. CRUSTACEANS	7. MILK	12. SULPHUR DIOXIDE
3. EGGS	8. NUTS	& SULPHITES
4. FISH	9. CELERY	13. LUPIN
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