



MORNINGS

SERVED UNTIL 12 NOON. ORDER AT THE COUNTER

LIGHT BITES

FRESHLY BAKED SCONES (1 - WHEAT; OATS, 3, 7) €3.45

Our very own baker, Mary, makes our scones fresh each morning. Choose from plain, fruit, porridge and Raspberry & Coconut. Served with a choice of jam, butter or fresh cream.

YOGURT, FRUIT AND GRANOLA POT (1 - WHEAT; OATS, 3, 7, 8) €5.20

Muddled fruits topped with Irish yogurt and finished with berries and honey.

PANCAKES & WAFFLES

Our pancakes are made to order from our secret recipe, served thick and fluffy American style. All orders can be made as American stack or Belgian waffle.

TRADITIONAL (1 - WHEAT, 3, 5 - HAZELNUTS, 6, 7) €7.20

Our American pancake stack or Belgian Waffle served with your choice of lemon & sugar or Nutella or our 100% maple syrup.

BERRIES & CREAM (1 - WHEAT, 3, 6, 7) €9.80

Fresh blueberries and strawberries served with a strawberry sauce and fresh cream.

BANOFFEE (1 - WHEAT, 3, 6, 7) €9.80

A firm favorite! Our Banoffee pancakes and waffles are served with fresh banana and whipped cream along with a toffee and chocolate drizzle.

BUILD YOUR OWN! (1 - WHEAT, 3, 6, 7) €9.80

Can't decide? Build your own gives you pancakes or waffles with a mix of sides, fruits, sauces and sweet treats!

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 8oz €7.30

MEDIUM 12oz €9.40

2. CHOOSE YOUR BASE

Pink Pitaya, Mango Mash or Acai (6)

3. ADD YOUR TOPPINGS - PICK 5 TOPPINGS

Strawberry & Vanilla Granola **Nutty Crunch Granola (8 - ALMONDS, PECANS, HAZELNUTS)**

Banana

Blueberries

Banana Chips

Pumpkin Seeds

Almonds (8)

Strawberries

Honey

Agave Syrup

Desiccated Coconut

Toasted Coconut

Cinnamon



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MARY'S DESSERTS

We make all our own desserts from scratch in-house.

TODAY'S CHEESECAKE (1 - WHEAT, 3, 7) €7.50

with vanilla ice-cream + fresh cream

WARM FRUIT CRUMBLE (1 - WHEAT, 3, 7) €7.50

with vanilla ice-cream + fresh cream

WARM CHOCOLATE BROWNIE (3, 7) €7.50

with vanilla ice-cream + fresh cream

WILDLANDS CAKE OF THE DAY SLICE €6.50

with fresh cream

(1 - WHEAT, 3, 7, 8 - ALMONDS, HAZELNUTS, WALNUTS)

SOFT DRINKS

FÍOR UISCE

SPARKLING WATER 250ML/750ML €2.70 €4.90

FÍOR UISCE

STILL WATER 250ML/750ML €2.70 €4.90

CLASSIC 330ML GLASS BOTTLE €3.60

Coke, Coke Zero, Diet Coke, Sprite, Fanta.

SAN PELLEGRINO €2.60

Sparkling orange + lemon drinks

ALL ABOUT KOMBUCHA €4.75

COFFEE

We pour the "Great Taste Award" winning Fixx Coffee.

All our coffees are made with a double shot of espresso

ESPRESSO €2.80

MACCHIATO (7) €3.45

AMERICANO €3.45

CAPPUCCINO / LATTE (7) €3.75

MOCHA (7) €3.95

FLAT WHITE (7) €3.55

ICED CARAMEL LATTE (7) €5

CHAI LATTE (7) €3.75

HOT CHOCOLATE (7) €3.65

+ MARSHMALLOWS 65c

KIDS HOT CHOC (7) €2.80

**FLAVOURS/EXTRA SHOT/
SOYA (6)/ALMOND (8 - ALMONDS)/OAT MILK 65c**

LYONS TEA €3

SOLARIS HERBAL TEA €3.45

IRISH COFFEE (7) €7.60

ALLERGEN MENU GUIDE

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|----------------|-------------|---------------------------------|
| 1. GLUTEN | 6. SOYBEANS | 11. SESAME SEEDS |
| 2. CRUSTACEANS | 7. MILK | 12. SULPHUR DIOXIDE & SULPHITES |
| 3. EGGS | 8. NUTS | 13. LUPIN |
| 4. FISH | 9. CELERY | 14. MOLLUSCS |
| 5. PEANUTS | 10. MUSTARD | |

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.

08/23



VEGAN



VEGETARIAN



GLUTEN FREE



AVAILABLE VEGAN

Please ask your server for details



AVAILABLE GLUTEN FREE

Please ask your server for details