

## BIG BITES

Breakfast Muffin (Served 10am-2pm) (1,3,10)  Burren Sausage + Bacon, Organic Egg, Relish, Breakfast Muffin. (GF Muffin Available)	€8.00			
Vegan / Vegetarian Muffin (Served 10am-2pm) (1,3,7) Flat Cap Mushroom, Spinach, Vegan Cheese, Fried Egg, Relish, Breakfast Muffin. (GF Muffin Available)	€8.00			
Brioche French Toast (1,3,7) Caramelised Apple, Maple Mascarpone Crème.	€9.00			
Overnight Oats (1) Organic Oats, Oat Milk, Baked Cinnamon Peach, Honey.	€4.50			
Açai Bowl (1) Açai Berry, Mixed Berries + Banana, Granola, Fresh Fruit, Local Honey.	€7.00			
Sausage Roll (1,3,10) Homemade Pork Sausage, Onion, Herbs, Cranberries, Puff Pastry, Chia Seeds.	€5.50			
Toasted Sourdough Sandwich (1,3,7,10) Sourdough, Slow Cooked Ham Hock, Hegarty's Cheddar, Gherkin, Honey Mustard Mayo.	€8.00			
Toasted Vegan Sandwich (1,7) (GF Available) Sourdough, Vegan Cheese, Vegan Pesto, Roasted Pepper + Courgette, Vegan Mayonnaise.	€8.00			
Waldorf and Sweet Potato Salad (9)				
Sweet Potato, Apple, Walnut, Celery, Sweet Jalapeno Dressing, Organic Leaves.  Add Cajun Chicken	€2.50			
LITTLE BITES				
Homemade Strawberry + White Chocolate Bliss Scone (1,7) Fresh Cream, Raspberry Jam, White Chocolate Shavings.	€5.50			
Homemade Brownie Slice (1,3,7)	€3.50			
Nutshed Plant Based Treats - Daily selection available	€2.50 - €3.50			
Wilde Irish Rocky Road	€3.50			
Artisan Cookies	€3.50			

## ALLERGENS:

1.	Cereals Containing Gluten	5.	Peanuts	9.	Celery
2.	Crustaceans	6.	Soybeans	10.	Mustard
3.	Eggs	7.	Milk	11.	Sesame Seeds
4.	Fish	8.	Nuts	12.	Sulphur Dioxide & Sulphites



## COFFEE ICED COFFEE 12oz 16oz 8oz Iced Americano Americano €3.30 €2.90 €3.10 Anam Coffee is a small Iced Latte €3.60 speciality roastery located in the Burren, they hand roast Iced Mocha €3.80 their coffee in small batches **EXTRAS** to unlock hidden flavours. Oat Milk €0.40 Flat White €3.10 Bolder than a latte, Extra Shot €0.40 smoother than a cappuccino. With a slightly sweeter TEAS finish over velvety steamed whole milk. Guru Teahouse 'Cupán Tae' €2.50 Barry's Tea €2.00 €3.40 Latte €3.20 Espresso topped with Guru Teahouse Green Tea €2.50 steamed milkand a thin Fresh Mint Tea €2.50 layer of micro-foam COLD BEVERAGES Cappuccino €3.20 €3.40 Espresso with steamed Global Hydrate Still Water €2.50 milk, microform, and dusted Ballygowan Sparkling Water €2.50 with chocolate powder San Pellegrino €2.50 Mocha €3.50 €3.30 Coca Cola / Coca Cola Zero €2.50 A luscious blend of chocolate & coffee Kombucha €3.00 delicately sweet with Freshly Squeezed Juice €3.00 almond undertones. €3.50 Hot chocolate

Bring Your Own Cup: €0.20 discount