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# MENU

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SUGAR

## Salads

### Super salad (vg)

Mixed leaf, butternut squash, capsicum, quinoa, shredded beetroot, edamame beans, chilli and cider dressing, mixed seeds

€12.50

**Add Chicken**

€16.00

## Sandwiches

### Cajun Chicken Sandwich

Grilled sour dough, hot Cajun chicken breast, rocket, Cajun aioli, crispy bacon (2, 6, 10a, 10d, mct 5, 8)

€13.50

## Soup

### Soup of the Day

Homemade loaf, butter (2, 6, 10a, 12)

€6.50

## Desserts

### Fruit Scone

Fresh whipped cream, strawberry jam, butter (2, 6, 10a, mct 5, 7)

€5.00

### Selection of fresh pastries

Dried fruit, honey, cream (4, 6, 10a, mct 5, 7)

€5.00

### Porridge oats

Coconut, berry compote, chocolate chips, chia seeds (2, 4, 5f, 10b, mct 1, 5, 8)

€7.00

### Acai Bowl

Natural youghurt, peanut butter, mixed berries, banana, Pumpkin seeds (1, 2, 4, mct 5, 7, 8)

€7.00

### Stacked pancakes

Golden syrup, blueberries, pecan nuts (2, 5, 6, 10a, mct 7)

€9.50

### Muffin of the day

Fresh Cream, dried fruit (2, 4, 6, 10a, mct 5, 7, 8)

€4.50

### Vanilla cheesecake

Pickled rhubarb, raspberry gel, hazelnuts, berries (2, 4, 5h, 10a, mct 5, 7)

€8.00

### Chocolate brownie

Fresh Cream, dried fruit (2, 4, 6, 10a, mct 5, 7)

€8.00



## Smoothies

### Berry blast smoothie

Mixed berries, banana (2, 4, 7, mct 5, 10a)

€6.50

### Green apple smoothie

Apple, spinach, banana, vanilla, chia seeds (2, 4, 7, mct 1, 5, 8, 10a)

€6.50

## Coffee Selection

### Espresso

A shot of strong, highly aromatic coffee with a thick rich cream

€3.60

### Add an extra shot

€0.60

### Americano

A perfectly balanced fusion of hot water and espresso

€3.90

### Cappuccino

2 shots of espresso & steamed milk with a velvety texture (2)

€4.20

### Caffé Latté

A shot of espresso with silky, textured milk for a smoother taste (2)

€4.20

### Caramel Latté

A shot of espresso with silky, textured milk & caramel sauce (2)

€4.40

### Hazelnut Latté

A shot of espresso, silky, textured milk & hazelnut syrup (2, 5h)

€4.40

### Hot Chocolate

A luxurious, steaming hot & lusciously smooth chocolate drink (2)

€4.30

### Caffé Mocha

All the smoothness of a latté, with an added shot of chocolate (2)

€4.60

## Tea Selection

### Irish Breakfast Tea

Classic Assam tea with intensive aroma

€4.10

### Specialty Herbal Teas

Peppermint, camomile, earl grey, sencha green, summer fruit

€4.10

