

cafe1



espressosandwichamericanobaguettecappuccinouraplattebagelmocha

KICK-START YOUR DAY!

BREAKFAST SELECTION from 8am each day. Yogurts, Cereals, Fresh Fruit Bowls, Beans or Scrambled Egg on Toast

Breakfast is the most important meal of the day. It wakes you up and gives you energy, and it's an ideal way to boost your five-a-day intake.

Include high-fibre foods in your breakfast. This will boost a sluggish digestive system and provide slow-releasing energy to prevent a mid-morning slump. That's when you'll end up reaching for the chocolate bars and sugary snacks! It's a good idea to have a glass of water when you wake up, as your body dehydrates during sleep.

DAILY SPECIALS AVAILABLE

Please see specials board.

FRESH SELECTION OF HOME-MADE DESSERTS

FRESHLY MADE SANDWICHES

Choice of One Filling	€2.25
Double Filling	€2.50
Additional Filling	€0.25
Choice of White, Brown, Multigrain Bread or Bap. Please choose butter or no butter.	

FRESHLY MADE BAGUETTE, PANINI OR WRAP

Choice of One Filling	€3.50
Double Filling	€3.75
Additional Filling	€0.25
Please choose butter or no butter.	

FILLINGS

Ham, Chicken, Cheese, Egg with Mayo, Salad with Mayo, Tuna with Mayo, Lettuce, Tomato, Cucumber, Onion, Peppers, Sweetcorn, Sliced Egg, Coleslaw.

FRESHLY MADE DELUXE SANDWICH

Sandwich, Toastie or Bap	€2.75
Baguette, Panini or Wrap	€4.00
Choice of White, Brown, Multigrain Bread or Bap. Please choose butter or no butter.	

Tuna, Onion and Melted Cheese
Ham, Cheese & Tomato
Brie & Cranberry
Salami & Morrezzla
Smoked Salmon & Cream Cheese

TOASTED SANDWICHES

Cheese	€2.25
Ham & Cheese	€2.50
Chicken & Cheese	€2.50
Cheese & Tomato	€2.50

SALAD BOWLS

Plain Salad	€3.00
Ham, Chicken, Cheese, Sliced Egg or Tuna	€4.00

BAKED POTATO

Tuna, Cheese or Beans	€3.25
Cheese and Beans	€3.50

FRESHLY MADE SOUP

Vegetable Soup	€2.00
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DAILY SPECIALS AVAILABLE

SPECIALITY TEA & COFFEE

Espresso	€1.50
Caffe Americano	€1.75
Cappuccino	€2.00
Caffe Latte	€2.00
Caffe Mocha	€2.25
Filter Coffee	€1.20
Filter Tea	€1.20
Speciality Tea	€2.00

HAVING VISITORS THIS EVENING? Why not pick up a homemade dessert!

CHECK OUR DAILY SPECIALS AVAILABLE FOR TAKE AWAYS

