

sourdough melts

(organic sourdough, keoghs crisps & dip)

breakfast melt:	sausages, crispy bacon, white pudding & melted cheeses, tomato & chilli relish	€7.50	1a,7,12
triple cheese :	emmenthal, cheddar, monterey jack (V)	€7	1a,3,7
honey ham:			
pick from:	american: mustard mayo	€8.50	1a,3,7,10,12
	sweet: caramelised red onion relish	€8.50	1a,3,7,12
	spiced: tomato harissa	€8.50	1a,3,7,12
picnic chicken toastie:	roast chicken breast, tomato & chilli relish, mayo & our 3 cheeses	€8.50	1a,3,7,12
roast pesto chicken:	basil pesto, smoked mayo, melted cheeses	€8.50	1a,3,7,12
cajun chicken:	roast chicken breast, cajun & chilli mayo, jalapenos, our 3 cheeses	€8.50	1a,3,7
smokey pork:	pulled lemon & thyme pork, fresh grilled pineapple, smokey bbq & smoked onion mayo	€8.50	1a,3,7,12
the shroom:	mushrooms roasted with garlic, chilli & fresh herbs, our 3 cheeses, smoked onion mayo, crispy onions (V)	€8	1a,3,7
chargrilled veg:	charred courgette, roasted red peppers, basil pesto & melting emmenthal cheese	€8	1a,,7
tuna melt:	house tuna & our 3 cheeses celery, red onion, tuna, mayo & lemon (V)	€8.50	1a,3,7,4,9

pic a dip

smoked onion mayo, tomato & chilli relish, taco dip, vegan mayo, bbq

(V) = vegetarian

(V) = vegan available

rustic rolls (warm)

€7.50

- the stuffed chicken:** roast chicken breast,
rare breed herb stuffing & garlic mayo 1a,3,7
- meatball
marinara sub:** mini beef meatballs, homemade
tomato ragu & melted cheeses 1a,7
- wicklów brie:** roast chicken with melted brie,
red onion jam & rocket 1a,7
- the buttermilk:** buttermilk chicken goujons,
slaw, choice of mayo 1a,3,7

any roll with a soup, tea or selection of coffee €10

sandwiches on granary (cold)

€7.50

- the stuffed chicken:** roast chicken breast,
rare breed herb stuffing & garlic mayo 1a,3,7
- smokey egg salad:** free range eggs, smoked onion mayo,
spring onions & fresh lettuce (V) 1a,3
- the coronation:** coronation roast chicken, lettuce, almonds,
grapes, spiced mango chutney 1a,3,7,8a
- tuna salad:** tuna, lemon, mayo, celery & spring onion
with cheddar, cucumber & leaves 1a,4,7
- the grilled goat:** charred courgette & red peppers,
basil pesto, sweet baby red peppers &
soft goats cheese 1a,7

**any granary sandwich with a soup,
tea or selection of coffee €10**

(V) = vegetarian [V] = vegan available

breakfast @ picnic

museli protein pot (wheat free)	€4.50	1b,1c,1d,8b,8c,6,12
toppings:	banana	greek yoghurt
	berry compote	roasted hazelnuts
	honey	coconut
	lemon curd	seeds
all pastries	€3	
homemade sausage rolls		
(with tomato & chilli dip)	€3.50	
homemade vegan rolls		
(with tomato & chilli dip)	€3.50	
breakfast melt	€7.50	

allergen list

1. cereals containing gluten (a: wheat, b: rye, c: barely, d: oats)
2. crustacean
3. eggs
4. fish
5. peanuts
6. soybeans
7. milk
8. nuts (a: almonds, b: hazelnuts, c: walnuts, d: cashews, e: brazil nuts, f: pecan, g: pistachio nuts, h: macadamia)
9. celery
10. mustard
11. sesame seeds
12. sulphur dioxide & sulphates
13. lupin
14. molluscs

please note our premises is not exclusively gluten free & therefore our products may not be suitable for coeliacs

gluten free melts & sandwiches - add €1



teas & latitude coffee

americano/short americano	€3	iced americano	€3.30
espresso	€2.80	iced latte	€4
double espresso	€3	chai latte	€3.70
macchiato	€3.30	belgian chocolate mocha	€4
flat white	€3.60	white chocolate mocha	€4
latte	€3.80	barry's tea & herbal teas	€2
cappuccino	€3.80		

plant based milks
(oat | coconut 60c)

monin syrups 60c
(vanilla | caramel | salted caramel | honeycomb | roasted hazelnut)

sugarfree syrups 60c
(vanilla | caramel)

picnic winter warmers

build your own hot chocolate

kids €3 adult €4

classic or white

green matcha latte (oat | coconut) €4.50

pink beetroot latte (oat | coconut) €4.50

student picnic box

buttermilk chicken goujon roll, homemade cookie or mini muffin
& any mineral or water €7.50

picnic brunch deal

toastie roll or sandwich of your choice
with a cup of soup, tea or selection of coffee €10