

OUR SAVOURY MENU

See our "Bakes + Sweets" menu for granola/porridge/pastries

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Homemade Sausage Roll

4.25

Pork & Fennel with a touch of harissa & chorizo, all wrapped in a crispy puff pastry topped with sesame (Make a Meal of It: add a soup/salad)

Börek Turkish-Style Pastry

4.25

Spinach, Potato & Feta all wrapped in filo-pastry, dusted with za'atar (Make a Meal of It: add a soup or salad)

Classic Bacon & Cheese Sandwich

6.75

Served hot, in our homemade bread with chorizo jam, spinach & mustard crème

The Aubergine & Halloumi Sandwich

6.95

Roast marinated Aubergine, halloumi, aioli, pickled cucumber and spinach leaves – all in our homemade bread

The Chicken Party Wrap (and you're invited!)

6.25

*Spicy & Sweet Marinated Chicken with pickled cucumber, spicy jalapeño aioli, charred corn and spinach
(Make a Meal of It: add a pot of Soup or Salad! See Right ->)*

Vegan "Lemon Cauli Chew" Wrap

5.95

*Lemon-battered Cauliflower, gentle spices & harissa aioli, spinach, pickles and shredded carrot (see Sides to add to your wrap!)
(Make a Meal of It: add a pot of Soup or Salad! See Right ->)*

Soup of the Moment

4.95

*See right for details – served with our homemade bread & hummus
(Make a Meal of It: add a pot of Salad! See Right ->)*

Salad Boxes (see right for details)

3 salads of the day + bread + hummus

8.50

Seasonal Tart + Salad

8.95

Our tart (see right for details) alongside your choice of one of our salads of the day .

Today's Soup

comes with hummus & our homemade bread

Roasted Butternut Squash & Harissa soup with a lemon yoghurt and Our Nut Dukkah

(Milk, Sulphites, Celery, Nuts (Walnuts, Pistachios, Almonds, Hazelnuts), Sesame)

Today's Tart:

*comes with 1 of our salads
(your choice)*

Roasted Squash and Red Onions with Crumbled Feta & Fried leeks, all on Our Almond and Tomato sauce

(Gluten (wheat), Milk, Almonds, Sulphites)

Today's Salads:

Choose

- 3 Salads + Bread & Hummus or
Or Add a Side of Salad to any other item

Seasonal Root Vegetable Salad with roasted parsnip, celeriac, baby potato, shredded kale, pickled red onions & our preserved lemon dressing

(Vegan & Gluten Free; Celery, Sulphites)

Shredded Carrot and Fennel salad with toasted sunflower seeds, dill, lovage and an orange dressing

(Vegan & Gluten Free; Sulphites)

Middle Eastern 'Slaw: Mixed Cabbage & Carrot with Tahini-Lemon dressing & fresh Dill

(Gluten-free/ vegan; sulphites, sesame)

Add to your Order

Medium Soup +3.50 Large Soup+3.95

Extra Salad Portion +3.75

ALLERGENS: For full allergen information, please see folder or ask for information. Note: as we handle all notifiable allergens in our kitchens, we are unable to guarantee complete absence of any one allergen from any of our dishes.

OUR BAKES + SWEETS



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Granola, Fruit Compote & Greek Yogurt	3.95
Oat Porridge with a selection of toppings	2.95/3.75
Our Famous Scones Served with our Orange Blossom Butter (<i>& some homemade raspberry & juniper jam or marmalade if you like</i>)	2.95
Cinnamon & Walnut Scroll Soft brioche style bun rolled up with cinnamon & walnut filling	3.75
Babka: Chocolate & Hazelnut The ultimate soft bun, filled with rich chocolate & toasted hazelnuts.	3.75
!!NEW!! Cookie Shot Choc chip & Rye cookie shell, filled with salted caramel & toasted hazelnuts	4.50
Carrot & Walnut Cake Gently Spiced, topped with a Cardamom frosting & a candied carrot swirl	4.25
Our Seasonal Bakewell: Spiced Pear Edition (VEGAN) Rich Almond Bakewell with Spiced Pear & a Dark Chocolate Drizzle	4.25
Baci (gluten-free) Chocolate & nut, soft & chewy, topped with white chocolate	3.50
The Brownie (gluten-free) Our famous "When Harry Met Sally" Brownie (as certified by the Irish Times) – classic and simple – it is just all about the chocolate...	3.95
Baked Cheesecake & Compote (gluten-free) Our Baked-Burnt-Basque-style cheesecake, with a hint of orange blossom & served with a little pot of compote	4.25
Lemon Brulée Slice Poppyseed pastry topped with a delicious thick layer of set lemon crème – finished with a flash for a lovely brulée effect!	4.25
SuperSeed Slice (VEGAN, gluten-free) It's back! Our original healthy-but-no-less-a-treat slice is back! Packed full of fig, dried fruit, toasted seeds and orange with barley malt & date.	3.75

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