



	<b>REGULAR</b>	<b>LARGE</b>
<b>Espresso</b>	<b>€2.90</b>	<b>€3.60</b>
<b>Americano</b>	<b>€3.60</b>	<b>€4.10</b>
<b>Cappuccino</b>	<b>€4.40</b>	<b>€4.90</b>
<b>Latte</b>	<b>€4.40</b>	<b>€4.90</b>
<b>Mocha</b>	<b>€5.00</b>	<b>€ 5.10</b>
<b>Macchiato</b>	<b>€3.20</b>	
<b>Flat White</b>	<b>€4.40</b>	



**Allergens**

**Milk** Contains: Dairy Milk | **Soya Milk** Contains: Soya beans | **Almond Milk** Contains: almond Nuts (May contain traces of nuts)

**Oat milk** Contains: oat (May contain other Cereals) | **Coconut milk** Contains: Soya beans (May contain traces of nuts)

**Vanilla Syrup** Contains: | **Hazelnut syrup** Contains: Nuts (Tree Nuts) | **Carmel Syrup** Contains:

While we take extensive measures to control allergens, we cannot fully eliminate the possibility of cross-contamination.



	<b>REGULAR</b>	<b>LARGE</b>
<b>Hot chocolate</b>	<b>€4.40</b>	<b>€4.90</b>
<b>White Hot chocolate</b>	<b>€4.40</b>	<b>€4.90</b>
<b>Babycino</b>	<b>€2.00</b>	
<b>Tea</b>	<b>€3.00</b>	<b>€3.50</b>
<b>Herbal Tea</b>	<b>€3.20</b>	<b>€3.70</b>
<b>Extra Shot</b>	<b>€0.50</b>	
<b>Add Syrup</b>	<b>€0.50</b>	
<b>Plant based</b>	<b>€0.50</b>	



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# PRANZO

# PIZZA

## **Margherita €12.95**

(Tomato sauce, Mozzarella fresh tomato)

Contains: wheat, milk

## **Pepperoni €13.95**

(Tomato sauce, Mozzarella, Pepperoni)

Contains: wheat, milk

## **Hawaiian €13.95**

(Tomato sauce, Ham, Pineapple, Mozzarella)

Contains: wheat, milk

## **Might meaty €15.00**

(Tomato sauce, Ham, Chicken, Chorizo, Mozzarella)

Contains: wheat, milk

Pizza may contain Egg.

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# PEEL & LOAF

## How to Build your Sandwich

**White or Brown Bread €6.95    Gourmet Bread €8.95**

### STEP 1: CHOOSE YOUR BREAD

(White Bread, Brown bread, Ciabatta, Wrap, Multigrain Bap)

### STEP 2: 1 PROTEIN

(Chicken, Ham, Tuna, Beef, Turkey, Eggs, Cheddar Cheese, feta, Goat cheese, Buffalo Mozzarella)

**Add extra protein for €1.00**

### STEP 3: 3 CHOICE OF SALAD

(Onions, tomato, peppers, chickpeas, broccoli, kidney beans, Shredded carrots, coleslaw, potato salad)

**Add extra salad for €0.50**

### STEP 4: DRESSINGS

(Honey mustard, Caesar, Ranch, Marie rose, Olive oil)

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# PEEL & LOAF

## Gourmet Sandwiches

### Ciabatta Americano

€8.95

Ciabatta, Chicken, tomato, onion, lettuce, Piri Piri mayo

Contains: Wheat, egg. May contain: Soyabeans, milk, mustard, sesame seeds

### BLT

€8.95

Multi Grain Bap. Bacon, Lettuce, Tomato, Mayo

Contains: gluten, egg, soya beans. May contain: Milk, mustard

### Chicken Ceasar Wrap

€8.95

Wrap, chicken, bacon, lettuce, Ceasar dressing, Parmesan cheese

Contains: Wheat, egg, milk, fish. May contain: Mustard, sesame seeds

### Louisiana Pull Pork on Multi Grain Bap

€8.95

Pulled pork, lettuce, tomato, onion,

Contains: Wheat, soya beans. May contain: Eggs, milk

### Ciabatta Italiano

€8.95

Sundried tomato, Buffalo Mozzarella cheese, lettuce, onions, pesto

Contains: Nuts, Wheat, milk. May contain: Soyabeans, milk, mustard, sesame seeds

### Toasted Special

€7.95

White or brown bread, Ham, cheese, red onion, tomato, Mayo

Contains: Wheat, egg, milk. May contain: Nuts, Sesame seeds, Suplur Dioxide Mustard

Add Compound  
Salad €3.00

Add Wedges €3.00

Add Soup €3.00

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# How to Build Your Salad

**Small €9.95    Large €13.95**

## **STEP 1 CHOOSE YOUR BASE**

(mix leaves, Pasta)

## **STEP 2: 1 PROTEIN**

(Chicken, Ham, Tuna, Beef, Turkey, Eggs, Cheddar Cheese, feta, Goat cheese, Buffalo Mozzarella)

**Add extra protein for €1.00**

## **STEP 3: 3 CHOICE OF SALAD**

(onions, tomato, peppers, chickpeas, broccoli, kidney beans, Shredded carrots, coleslaw, potato salad)

**Add extra salad for €0.50**

## **STEP 4: DRESSINGS**

(Honey mustard, Caesar, Ranch, Marie rose, Olive oil, Pesto & Relish)

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## GOURMET SALADS

### Caesar Salad

Warm Crispy Streaky Bacon, Lemon and Rosemary Chicken  
Garlic & Herb Croutons, Parmesan Shavings, Fresh Baby Gem  
Lettuce & Caesar Dressing.

Contains: Milk, Wheat, Egg, fish

€13.95

### Warm Goat Cheese Salad

Grilled Goats Cheese, Beetroot, Crunchy Apple, Honey  
Roasted Walnuts, Organic Leaves, Balsamic Dressing

Contains: Sulphur dioxide, Sulphites, milk, walnuts

€13.95

### Calvo line Tuna Salad

With Tuna, mix leaves, Tomato, onions, Roasted red peppers  
and French dressing

Contains: Fish, Mustard

€13.95

### Warm Barbeque Pulled Pork Salad

Mixed Leaves, Roasted Peppers, Red Onions, Tomato,  
Barbeque Sauce

Contains: Mustard

€13.95

### Cold Meat Salad

Ham, Chicken, Beef, Turkey, Mixed Leaves, Tomato, Red  
Onions, House Dressing, Coleslaw, Potato Salad, Brown Bread,  
Ballymaloe Relish

Contains: Wheat, Milk, Eggs, Mustard

€15.95

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# SWEETNESS.

## MILK SHAKES

### Vanilla Milkshake

(Soft serve ice-cream & Milk)

Contains: Dairy Milk

**12oz**  
**€4.95**

**16oz**  
**€5.95**

### Strawberry Milk Shake

(Strawberry sauce, Soft serve ice-cream & Milk )

Contains: Dairy Milk

**€4.95**

**€5.95**

### Chocolate Milk Shake

(Chocolate Sauce, Soft serve ice-cream & Milk)

Contains: Dairy Milk

**€4.95**

**€5.95**

## ICE CREAM

### Soft serve Ice cream

Contains: Dairy Milk

**€4.00**

### Syrup

**€0.50**

### Sprinkle

**€0.50**



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# SWEETNESS.

## FRAPPE

### Vanilla Crème Frappe

(Coffee, Frappe powder, Vanilla Syrup, Cream)

Contains: Dairy Milk

**12oz**

**€4.95**

**16oz**

**€5.95**

### Caramel Frappe

(Coffee, Frappe Powder, Caramel Syrup, Cream)

Contains: Dairy Milk

**€4.95**

**€5.95**

### Strawberry Shortcake Frappe

(Coffee, Frappe Powder, Strawberry Shortcake Syrup, Cream)

Contains: Dairy Milk

**€4.95**

**€5.95**



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## SMOOTHIES

### Classic Smoothie

12oz

€4.95

16oz

€5.95

(Strawberry, Banana, Orange Juice, Frozen Yoghurt)

Contains: Dairy Milk

### Cranberry Smoothie

€4.95

€5.95

(Strawberry, Banana, Cranberry Juice, Frozen Yoghurt)

Contains: Dairy Milk

### Berry Madness

€4.95

€5.95

(Strawberry, Cranberry, Forest Fruit, Cranberry Juice, Frozen Yoghurt)

Contains: Dairy Milk

### Tropical Smoothie

€4.95

€5.95

(Mango, Banana, Orange Juice, Frozen Yoghurt)

Contains: Dairy Milk

### Breakfast Smoothie

€4.95

€5.95

(Banana, Honey, Frozen Yoghurt, wheat Germ, Milk)

Contains: Dairy Milk, Wheat

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## JUICES

	12oz	16oz
Fresh Orange Juice	€4.95	€5.95

Apple Juice	€4.95	€5.95
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Carrot Juice	€4.95	€5.95
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## REFRESH & REFUEL

Blood Sugar Balancer	€4.95	€5.95
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(Apple, Celery Cucumber)

Contains: Celery

Clean Machine	€4.95	€5.95
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(Carrot, Orange and ginger)

Contains: (May contain Celery)

Roots and Berries	€4.95	€5.95
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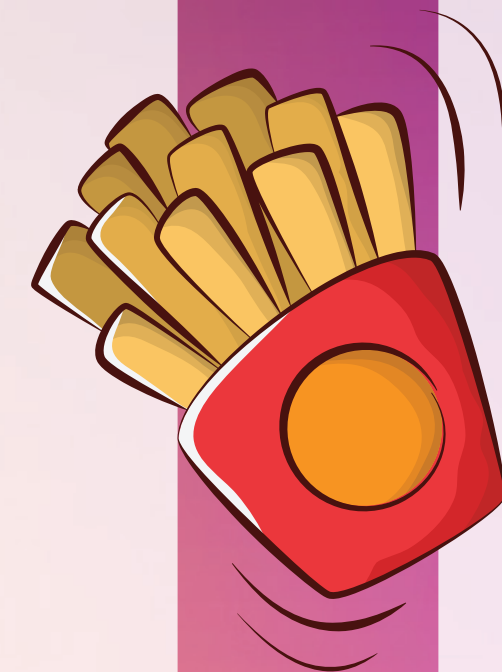
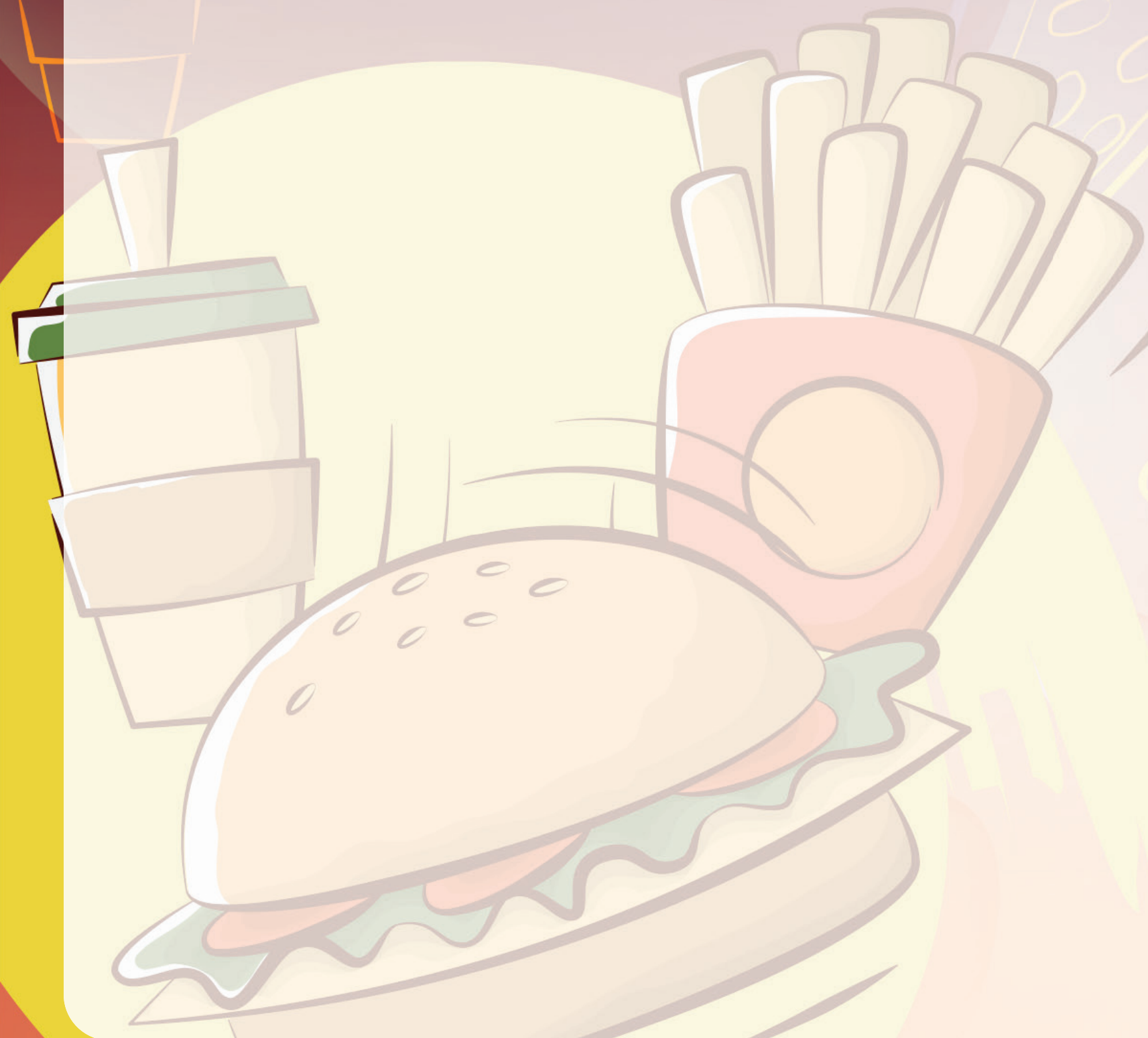
(Beetroot, apple and Cranberry juice)

Contains: (May contain Celery)

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## Today's Specials



### Kids Corner

#### Sausage and Chips

Contains: wheat, Sulphur Dioxide

€9.20

#### Goujons and Chips

Contains: wheat

€9.20

#### Kids 9" Cheese Pizza

Contains: Wheat, Eggs, milk

€9.20

#### Pasta in Tomato sauce with chicken

Contains: Wheat

€9.20

### Loaded chips

#### Curry Chips

Contains: Wheat, celery, mustard, milk

€5.50

#### Curry cheese chips

Contains: Wheat, celery, mustard, milk

€6.50

#### Garlic chips

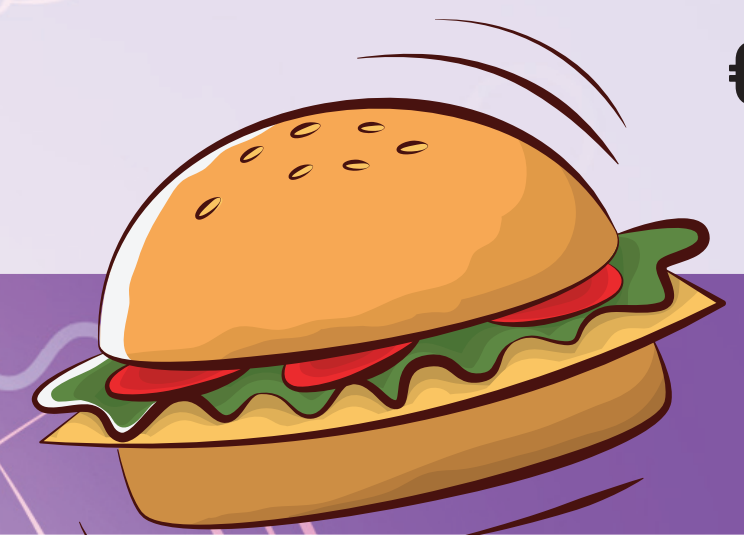
Contains: Mustard & Eggs

€5.50

#### Garlic cheese chips

Contains: Mustard & Eggs

€6.50



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