

Breakfast & All Day

BREAKFAST

The Full English

€12.50

One egg, two sausages, two bacon slices, vine tomatoes, baked beans, a golden hash brown, sautéed mushrooms with fresh thyme and toast. The works. Served until 11:00.

TOAST *sourdough or white*

Toast with Butter V

€2.50

Two slices of toasted sourdough or white bread with butter. Add jam or honey +€0.50

PORRIDGE *alternative milk options available*

With Honey V

€5.50

Creamy oats with a golden drizzle of wildflower honey

With Berries & Honey V

€6.50

Creamy oats topped with fresh seasonal berries and a drizzle of honey

YOGURT JARS

Classic Yogurt Jar V

€6.50

Large jar of creamy Greek yogurt layered with homemade fruit compote, crunchy granola, fresh berries and honey

Seeds, Berries & Honey V

€7.00

Large jar of creamy Greek yogurt with homemade fruit compote, granola, mixed seeds, fresh berries and a drizzle of honey

The Superfood Cacao Jar V

€9.00

Large jar of creamy Greek yogurt, homemade fruit compote and crunchy granola, topped with cacao nibs, fresh berries and a drizzle of wildflower honey

AÇAÍ BOWLS *available bowls*

Berries & Honey V

€10.50

Açaí base, fresh berries, coconut, homemade fruit compote, granola, cacao nibs and a drizzle of honey

Fruit Compote & Seeds V

€10.50

Açaí base, sliced banana, homemade fruit compote, mixed seeds, cacao nibs and granola

Chocolate Banana V

€10.50

Açaí base, sliced banana, granola and a drizzle of ceremonial grade cacao

Cacao V

€11.00

Açaí base, cacao nibs, granola, fresh berries and a drizzle of cacao chocolate



PANCAKES

Classic with Maple Syrup V €7.50

A generous stack of golden pancakes drizzled with pure maple syrup, served with fresh seasonal fruit

Honey & Cinnamon V €7.50

A generous stack of golden pancakes with wildflower honey and a warm dusting of cinnamon, served with fresh seasonal fruit

Banana & Nutella V €8.00

A generous stack of golden pancakes topped with sliced banana, a Nutella drizzle and a dusting of icing sugar

Berries, Greek Yogurt & Honey V €8.50

A generous stack of golden pancakes topped with fresh whole berries, homemade fruit compote, creamy Greek yogurt and a drizzle of honey

OMELETTES *with sourdough, chilli jam, mixed salad and tomato*

Classic Cheese V €8.50

Cheese folded into a golden omelette. Simple, fast, universally loved

Red Onion & Cheese V €8.50

Caramelised red onion and melted cheese folded into a golden omelette

Ham & Cheese €9.00

Sliced ham and melted cheese folded into a golden omelette

Ham & Mushroom €9.00

Ham and sautéed mushrooms folded into a golden omelette

Tomato & Feta V €9.00

Cherry tomatoes, crumbled feta and fresh herbs folded into a golden omelette

Spinach & Feta V €9.00

Wilted spinach, crumbled feta and a pinch of chilli seeds folded into a golden omelette

The Full Works €10.00

Ham, mushroom, cheese and tomato folded into a golden omelette. Everything in one

★ HOUSE FAVOURITE

The Full English

€12.50

One egg, two sausages, two bacon, vine tomatoes, baked beans, a hash brown, sautéed mushrooms with fresh thyme and toast. The works. Served until 11:00.

HAND-WHISKED DAILY

Matcha & Cacao Bar

Ceremonial grade matcha and raw cacao drinks, hand-whisked and served on a bamboo board. From The Blush to The Spiced Cacao.

ASK FOR OUR SEPARATE MENU →

APEROL O'CLOCK

Cocktails & Smoothies

Spritzes, mojitos, daiquiris and fresh-fruit smoothies. Add a spirit to any smoothie for the long-afternoon version.

ASK FOR OUR COCKTAIL MENU →



Lunch & Plates

PRESSED TOASTIES *on a board with chilli jam & mixed salad*

Cheese v €5.50
 Melted cheese in golden toasted sourdough

Cheese & Red Onion v €6.00
 Melted cheese with caramelised red onion in golden toasted sourdough

Ham & Cheese €6.50
 Sliced ham and cheese in golden toasted sourdough

Tuna & Red Onion €6.50
 Tuna mayo with red onion in golden toasted sourdough

AVOCADO ON TOAST *on toasted sourdough*

The Classic v €7.50
 Sliced avocado, chilli seeds, a squeeze of lemon and a drizzle of balsamic vinegar

Tomato, Red Onion & Balsamic v €8.50
 Smashed avo, ripe tomatoes, red onion and a drizzle of balsamic vinegar

SOURDOUGH OPEN TOASTS

Feta & Tomato v €6.00
 Crumbled feta, ripe sliced tomato and balsamic vinegar on toasted sourdough

Avocado & Feta v €7.00
 Smashed avocado and crumbled feta with balsamic vinegar on toasted sourdough

The Avocado "Twist" v €9.00
 Smashed avocado, a squeeze of lemon, chilli seeds and a sprinkle of raw cacao nibs on toasted sourdough. A peppery, earthy twist on a classic

SANDWICHES *white sliced or sourdough · with chilli jam, mixed salad and tomato*

Tuna Mayo €6.50
 House tuna mayo with cucumber and red onion

Ham & Cheese €7.00
 Sliced ham and cheese with mixed leaves and tomato

BLT €7.50
 Crispy bacon, mixed leaves and ripe tomato with mayo on toasted/soft bread

BURRITO BOWL

Burrito Bowl v €10.50
 Rice, fresh guacamole, golden sweetcorn, house-made pickled red cabbage, crisp red onion, juicy tomatoes, mixed salad, black beans and fresh coriander. Served with a side of plain tortilla chips and a creamy garlic dressing or a lemon, olive oil and oregano dressing.



BURGERS *in a soft bun with mixed salad and homemade burger sauce · chips or sweet potato chips*

The Classic €13.00

Beef patty, homemade burger sauce, tomato and lettuce

The Cheesy €13.50

Beef patty, melted cheese, homemade burger sauce, onion, tomato and mixed salad

The Bacon €14.50

Beef patty, crispy bacon, melted cheese, homemade burger sauce, onion, tomato and mixed salad

SALADS

Portuguese Salad  €5.50

Ripe sliced tomatoes, sweet onion, oregano and olive oil. Simple and honest

The Algarve Salad  €9.00

Mixed leaves, cherry tomatoes, avocado, feta, olives, lemon and olive oil dressing with oregano

Tuna Salad €10.00

House tuna mayo on a bed of mixed leaves, cucumber, cherry tomatoes and red onion

SIDES

Side of Sourdough €2.00

Chips €4.00

Onion Rings €4.50

Sweet Potato Chips €4.50



Something Sweet

WAFFLES *all served with fresh seasonal fruit*

Honey or Maple Syrup v	€7.00
<i>Golden waffles with your choice of honey or maple syrup</i>	
Banana & Nutella v	€8.00
<i>Golden waffles with sliced banana and a Nutella drizzle</i>	
Ice Cream & Sauce	€8.00
<i>Golden waffles with a scoop of ice cream and your choice of sauce</i>	
Berries, Ice Cream & Sauce v	€8.50
<i>Golden waffles with fresh berries, a scoop of ice cream and your choice of sauce – including honey</i>	
Yogurt, Berries & Honey v	€8.50
<i>Golden waffles topped with creamy Greek yogurt, homemade fruit compote, fresh berries and a drizzle of honey</i>	

PASTRIES & CAKES

Chocolate Muffin v	€2.50
<i>Served with butter and your choice of jam or honey</i>	
Two Freshly Baked Croissants v	€5.00
<i>Served with butter and your choice of jam or honey</i>	
Fondant Cake with Icecream v	€7.00
<i>Our warm, indulgent chocolate fondant with a rich, melting gooey centre. Served with a chilled scoop of your choice of ice cream</i>	
Brigadeiro with Berries v	€7.00
<i>Classic Brazilian brigadeiro served with fresh seasonal berries</i>	

ICE CREAM

One Scoop	€3.50
<i>One scoop with berries, a wafer stick and your choice of sauce</i>	
Two Scoops	€5.00
<i>Two scoops with berries, a wafer stick and your choice of sauce</i>	

ENERGY BALLS

	€1.50 each · all three for €4.00
Coconut & Cacao Ball v	€1.50
<i>Dates and cocoa powder rolled in snowy coconut shavings</i>	
Matcha Zen Ball v	€1.50
<i>Dates and cocoa powder hand-rolled in premium ceremonial matcha</i>	
Cacao Crunch Ball v	€1.50
<i>Dates and cocoa with a hidden crunch of raw cacao nibs inside</i>	

Please let us know if you have any allergies or dietary requirements. Full allergen information is available on request. Takeaway drinks and food carry a small packaging surcharge.

