

## 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

€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

€5.50

Creamy oats with a golden drizzle of wildflower honey

##### With Berries & Honey

€6.50

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

### YOGURT JARS

#### Classic Yogurt Jar

€6.50

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

#### Seeds, Berries & Honey

€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

€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

€10.50

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

#### Fruit Compote & Seeds

€10.50

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

#### Chocolate Banana

€10.50

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

#### Cacao

€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, cucumber, 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*

|                                                                                                                                               |        |
|-----------------------------------------------------------------------------------------------------------------------------------------------|--------|
| <b>The Classic</b>                                                                                                                            | €13.00 |
| <i>Beef patty, homemade burger sauce, tomato and lettuce</i>                                                                                  |        |
| <b>The Cheesy</b>                                                                                                                             | €13.50 |
| <i>Beef patty, melted cheese, homemade burger sauce, onion, tomato and mixed salad</i>                                                        |        |
| <b>The Bacon</b>                                                                                                                              | €14.50 |
| <i>Beef patty, crispy bacon, melted cheese, homemade burger sauce, onion, tomato and mixed salad</i>                                          |        |
| <b>The Luz Garden Burger (Vegan)</b>                                                                                                          | €14.50 |
| <i>A plant-based soy patty with mixed lettuce, tomato and onion, finished with vegan mayo. Served with sweet potato fries and chilli jam.</i> |        |

**SALADS**

|                                                                                                            |        |
|------------------------------------------------------------------------------------------------------------|--------|
| <b>Portuguese Salad</b>   | €5.50  |
| <i>Ripe sliced tomatoes, sweet onion, oregano and olive oil. Simple and honest</i>                         |        |
| <b>The Algarve Salad</b>  | €9.00  |
| <i>Mixed leaves, cherry tomatoes, avocado, feta, olives, lemon and olive oil dressing with oregano</i>     |        |
| <b>Tuna Salad</b>                                                                                          | €10.00 |
| <i>House tuna mayo on a bed of mixed leaves, cucumber, cherry tomatoes and red onion</i>                   |        |

**SIDES**

|                           |       |
|---------------------------|-------|
| <b>Side of Sourdough</b>  | €2.00 |
| <b>Chips</b>              | €4.00 |
| <b>Onion Rings</b>        | €4.50 |
| <b>Sweet Potato Chips</b> | €4.50 |



## Something Sweet

### WAFFLES *all served with fresh seasonal fruit*

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

### PASTRIES & CAKES

|                                                                                                                                         |       |
|-----------------------------------------------------------------------------------------------------------------------------------------|-------|
| <b>Chocolate Muffin</b> <span>V</span>                                                                                                  | €2.50 |
| <b>Two Freshly Baked Croissants</b> <span>V</span>                                                                                      | €5.00 |
| <i>Served with butter and your choice of jam or honey</i>                                                                               |       |
| <b>Fondant Cake with Icecream</b> <span>V</span>                                                                                        | €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> |       |
| <b>Brigadeiro with Berries</b> <span>V</span>                                                                                           | €7.00 |
| <i>Classic Brazilian brigadeiro served with fresh seasonal berries</i>                                                                  |       |

### ICE CREAM

|                                                                        |       |
|------------------------------------------------------------------------|-------|
| <b>One Scoop</b>                                                       | €3.50 |
| <i>One scoop with berries, a wafer stick and your choice of sauce</i>  |       |
| <b>Two Scoops</b>                                                      | €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 |
| <b>Coconut &amp; Cacao Ball</b> <span>V</span>                         | €1.50                            |
| <i>Dates and cocoa powder rolled in snowy coconut shavings</i>         |                                  |
| <b>Matcha Zen Ball</b> <span>V</span>                                  | €1.50                            |
| <i>Dates and cocoa powder hand-rolled in premium ceremonial matcha</i> |                                  |
| <b>Cacao Crunch Ball</b> <span>V</span>                                | €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.

