

BREAKFAST 07.30am - 11.30am

Porridge 5
Organic Irish gluten free oats, finished with oat milk and topped with teff grain, caramelized banana and seasonal fruit (vegan)
Add: Dark Chocolate 70% Cocoa €2

Yoghurt Bowl 5.9
Creamy Irish yogurt swirled with crushed blueberries, topped with bananas, homemade granola and almond butter (vegetarian)

Salmon Special 12.5
Organic SSI Smoked Salmon, homemade spinach and edamame pesto with 2 poached eggs on Le Levain Sourdough

Protein Omelette 9.5
Irish Organic Eggs with wild mushrooms, spinach and slow roasted cherry tomatoes topped with sesame seeds.
See below for Add On's

Organic Poached or Fried Eggs 6.5
Served with Le Levain Sourdough

Scrambled Eggs 7.5
Served with Le Levain Sourdough

ADD ON'S

Protein		Veg		Good Fats	
Organic Egg	2	Seasonal Greens	4	Olives - Real Olive	3
Homemade Lebnah	3	Potato Roasties	4	Toonsbridge Hallomni	3.5
Chorizo - Higgins	3.5	Wild Mushrooms	3	Pan Roasted Almonds	3
Smoked Salmon SSI	4	(Ard Mhacha)			
Organic Chicken -	4	Spinach	2		
(Regans)					

Also Add EXTRAS from Salad Bar

BRUNCH 07:30am Onwards

Mushrooms on Toast 9.5
Irish shiitake, oyster and chestnut mushrooms with crumbled black pudding on an edamame and spinach pesto, sprinkled with Irish chervil (omit black pudding for vegan option)

Add Organic Poached Egg €2

Turkish Eggs Menemen 12.5
Scrambled eggs tomato and roasted red pepper sauce with feta yogurt & black olives served on home-made naan bread

Steak and Eggs 14.5
Rare Irish rump steak with an almond crust, served with pan-fried potatoes, 2 poached eggs, sauerkraut and spinach

Slow Roasted Shoulder of Lamb on Naan bread 12
Grilled smokey aubergine, tomato and chickpeas with minted Irish yogurt on house-made naan bread
Add a choice of protein/veg/good fats/sides to your dish

SIDES

Flatbread and Dips 6
House-made naanbread served with 'as one' hummus and fermented green chilli dip (vegan)

Halloumi and Aubergine 6
Toonsbridge halloumi wrapped in grilled aubergine and served with a fermented chilli sauce (vegetarian)

LUNCH 12:00pm Onwards

Soup of the day (please ask server for details) 6.5
Served with Le Levain Sourdough

Chicken and Slaw in Biotic Mayo & Yogurt Dressing 9.5
Organic Irish chicken, celery, apple, horseradish and baby kale with biotic mayo and Irish yogurt dressing

Irish Mushroom and Miso Broth 10
Irish mushrooms and greens, radish and silken tofu, soba noodles and seaweed salt

Irish Organic Chicken Bone Broth NEW!! 12
Organic Irish chicken, soy egg, shiitake & oyster mushrooms, sliced radish, spinach, pickled red onions and toasted black sesame seeds with soba noodles

Beef Rigatoni 13.5
Beef chuck slow cooked in red wine, green olives, roasted walnuts, parmigiano-reggiano and garlic, drizzled with basil and cashew pesto

Daily Fish Special - Please see our menu board for details

SALADS

4 seasonal salads to choose from, please ask your server for details or see our Salad Bar for options

The Small One 6.5
Choose 1 of our salads

The Regular One 9.5
Choose up to 3 or 4 salads

The Large One 13.5
The Regular One plus a meat/fish of your choice and an extra

ADD ON'S

EXTRAS

Meat or Fish	4	Ferment	2.5
Irish Organic Boiled Egg	2	Hummus/Pesto	1