

HOMEMADE GRANOLA velvet cloud natural yoghurt, fresh blueberries, (coconut yoghurt available)	€ 5.5
SUMMER FRUIT SALAD watermelon, kiwi, strawberry, blueberry topped with roasted almond flakes & natural yoghurt	€ 5.5
ORGANIC PORRIDGE banana, honey & cinnamon (made with low fat milk or on request soy, almond or coconut)	€ 5
FRENCH TOAST arbutus bakery brioche french toast, apple cinnamon compote & canadian maple syrup (add bacon € 2)	€ 8.5
HUEVOS RANCHEROS (NEW VEGGIE!) chilli tomato sauce with baked eggs & feta cheese	€ 8.5
BLUEBERRY PANCAKES american style blueberry buttermilk pancakes & canadian maple syrup (add bacon € 2)	€ 8
HOOK & LADDER FULL IRISH farm reared sausages, rashers, black pudding, tomatoes, grilled mushrooms, rosemary potatoes, fried egg & toast	€ 9
HOOK & LADDER MINI IRISH farm reared sausages, rashers, black pudding, tomatoes, fried egg & toast	€ 7.5
BELGIAN WAFFLES strawberry compote & canadian maple syrup	€ 8
THE AMPERSAND toasted sourdough / english muffin, beet hummus, mashed avocado, two poached eggs, vine tomato & hollandaise sauce	€ 9.5
BREAKFAST BUTTY farm reared sausages & rashers, fried egg, toasted waterford blaa & irish smoked ketchup	€ 6.5
SCRAMBLED EGGS scrambled eggs & toast (add smoked salmon €3)	€ 6.5
BOILED EGGS boiled eggs & dippy toast soldiers	€ 5
PERFECTLY POACHED toasted muffin, two poached eggs & hollandaise sauce, choose one: Florentine (spinach) Benedict (bacon) Royale (smoked salmon)	€ 9

BREAKFAST

sarsfield street

FRESHLY PRESSED

FRESH ORANGE JUICE
€ 3

FRESH RUBY GRAPEFRUIT JUICE
€ 3

ORANGE MIMOSA
€ 6

ELDERFLOWER & RUBY
GRAPEFRUIT MIMOSA
€ 7

FRESHLY PRESSED VEGETABLE JUICES

THE ZINGER
orange, carrot, apple & ginger
€ 5

GREEN DETOX
apple, cucumber, celery, spinach,
ginger (spirulina €0.50 extra)
€ 5

SMOOTHIES

BENCHPRESS
coconut water, banana, frozen
blueberries, plant based protein
powder, almond butter & chia seeds
€ 5

SUMMER BERRY SMOOTHIE
mixed berries, fat free frozen yoghurt,
low fat milk
(coconut milk available)
& agave syrup
€ 5

ACAI SMOOTHIE FRUIT BOWL
banana, mixed berries & almond
milk, topped with seasonal berries,
pomegranate, agave syrup
& chia seeds
€ 6.5

Should you have
any special dietary requirements,
please ask a cafe associate
for assistance

BAKERY

DATE & CINNAMON SCONE	€ 3
BUTTERMILK FRUIT SCONE	€ 3
PLAIN SCONE	€ 3
STRAWBERRY SCONE (weekend only)	€ 3
MUFFIN OF THE DAY	€ 3
BERLINER DOUGHNUT OF THE DAY	€ 3
CHOCOLATE RING DOUGHNUT (weekend only)	€ 2.5
CHOCAPOCALPSE COOKIE	€ 3
OATMEAL & RAISIN COOKIE	€ 3
RAW VEGAN FLAPJACK POWERBALL	€ 1
CASHEW, GINGER & APRICOT POWERBALL	€ 1

Unfortunately during busy periods
we are unable to split bills, we
apologise for any inconvenience

WE PROUDLY SERVE PRODUCTS FROM

rigney's farm, curraghchase, co. limerick
st. tola goats cheese, inagh, co. clare
m & d bakery blaas, co. waterford
arbutus bakery, co. cork
velvet cloud yogurt, co mayo
toonsbridge dairy, co. cork
real olive company, co. cork
gubbeen farm, schull, co. cork
c.s fish, doonbeg, co. clare
o'connor meats, limerick
twomey's bakery, co. limerick

LUNCH

sarsfield street

SANDWICHES

sandwiches are served with side salad or hand cut chips

BRUSCHETTA (V) €9.5
 chargrilled sourdough bruschetta, halloumi cheese, mediterranean vegetables & basil pesto

THE STATION TOASTIE €8.5
 twomey's batch loaf, home cooked limerick ham, dubliner cheddar, beef tomato & onion

CHICKEN & BACON BLAA €9
 chicken breast, bacon, romaine lettuce, beef tomato & garlic mayonnaise on a blaa

REUBEN SAMBO €9
 peppered pastrami, pickled cabbage, knockanore smoked cheese & light dijon mustard mayonnaise on sourdough

SLOW ROAST B.B.Q. PORK €9.5
 slow roast asian b.b.q. pork, apple & coriander slaw on a blaa

CHICKEN QUESADILLA €9.5
 cajun chicken, peppers, onion & mozzarella wrapped in toasted flour tortilla with ancho mayonnaise

ORTIZ TUNA MELT €9.5
 line caught spanish tuna on sourdough toast, baked with provolone cheese

BALLYCOTTON SMOKED SALMON €11
 ballycotton smoked salmon on toasted blaa with st tola fresh curd cheese & rocket

PINK PRAWN MARIE ROSE €11
 pink prawns on honey & pumpkin seed wheaten loaf with rocket & marie rose sauce

DOONBEG CRAB €12
 doonbeg crabmeat, fresh herb & lemon mayonnaise on honey & pumpkin seed wheaten loaf

****ADD A CUP OF TODAY'S SOUP WITH ANY SANDWICH FOR €2.5****

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SOUP

TODAY'S SOUP

soup of the day, honey & pumpkin seed wheaten loaf

€ 5.5

SEAFOOD CHOWDER

seafood chowder, honey & pumpkin seed wheaten loaf

SMALL € 7 LARGE € 9

SALADS

ST TOLA GOATS CHEESE (V)

warm st tola goats cheese croute, candied pecans, beets, pomegranate, mixed green leaves & honey balsamic dressing

€ 12

CAESAR SALAD

caesar salad, warm smoked bacon lardons, romaine lettuce, sourdough croutons & parmesan (add grilled piri piri chicken € 3)

€ 10

WATERMELON SUPERFOOD SALAD (V)

watermelon, spinach, quinoa, chia seeds, feta cheese, toasted pumpkin seeds, pomegranate, warm cubed sweet potato & prickly pear dressing

€ 11

WARM BLACK PUDDING SALAD

black pudding, bacon lardons, chorizo & mixed leaves drizzled with a spiced chutney dressing

€ 12

SIDES

€ 3

bulgur wheat & quinoa salad (V)

lebanese seven spice mix, chopped dates, toasted almonds, lemon & olive oil dressing

asian slaw (V)

white cabbage, granny smith apple, coriander & ginger mayonnaise

potato salad (V)

potatoes, red onion, horseradish & herb mayonnaise

orzo pasta salad (V)

semi-sundried tomatoes, toonsbridge feta cheese, olives & toasted pine nuts

green leaf salad

mixed baby leaf salad, honey dijon dressing

MAINS

RIGNEY'S PORK SAUSAGES € 13
 rigney's farm free range pork sausages, creamy mash potatoes & onion gravy

SLOW BRAISED BEEF CHEEK € 15
 beef cheek braised in red wine & shallot jus, creamy scallion mash & tender stem broccoli

HOOK & LADDER BURGER € 13
 100% irish beef burger, bacon, cheese, rocket on brioche bun with harissa mayonnaise & hand cut chips

FIREMAN'S CHICKEN CURRY € 13
 medium spiced house recipe chicken curry, basmati rice & naan bread

FISH & CHIPS € 14
 panko breaded fish of the day, garden pea puree, homemade tartar sauce & hand cut chips

WILD MUSHROOM STROGANOFF (V) € 12
 mushrooms with creamy madeira sauce on plain rice with green leaf salad

SUMMER QUICHE (V) € 11
 roasted goats cheese, sun-dried tomato & watercress quiche with hook & ladder salads

PENNE PASTA € 11
 bacon & mushroom penne pasta, served in a smoked paprika & garlic cream sauce

FALAFEL & HUMMUS OPEN WRAP (V) € 12
 lebanese flat bread, hummus, mini falafels, garlic sauce, chilli sauce & salad

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