


Healthy Breakfast

Homemade Granola: (V) SERVED UNTIL 12PM  **€6.95**
Nut granola, golden raisins & cranberries with a choice of yoghurt; plain/strawberry or coconut, topped with banana, blueberries & sweet berry compote

Organic Porridge | G.F Porridge: (V) SERVED UNTIL 12PM  **€5.75**
Seasonal fruit, flaked almonds & honey (made with low fat milk or on request soy/almond, coconut or oat) + **€0.65**

Breakfast Classics

Farmers Fair: €9.75
Farm reared sausages, Irish bacon, black & white pudding, confit tomatoes, grilled mushrooms, rosemary potatoes, fried egg & toast

Mini Farmers Fair: €7.95
Farm reared sausage, Irish bacon, black & white pudding, confit tomato, fried egg & toast

The Ampersand: (V) SERVED UNTIL 12PM  **€9.95**
Toasted English muffin, beet hummus, mashed avocado, poached eggs, vine tomatoes, hollandaise sauce & chilli flakes

Piggy In The Middle: €8.95
Farm reared sausages, fried egg, bacon & black pudding on a toasted Waterford blaa with seasonal tomato relish

Breakfast Burrito: €9.95
Farm reared sausage, Irish bacon, scrambled egg, black pudding & seasonal tomato relish

Veggie Breakfast: (V) SERVED UNTIL 12PM  **€8.45**
Rosemary potatoes, grilled mushrooms, tomatoes, spinach, fried egg & toast

Waffles & French Toast

Belgian Waffles: (V) €9.45
Fluffy waffles with zesty lemon mascarpone cream, topped with fresh strawberries & drizzled with organic honey
- **Add Irish bacon €2**

French Toast: (V) €9.45
Arbutus bakery brioche, with homemade custard dipping sauce, topped with cinnamon sugar & Canadian maple syrup
- **Add Irish bacon €2**

Add On's

Farm Reared Sausage	€2.50	B & W Pudding	€2.50
Irish Bacon	€2.00	Mushrooms (V)	€2.00
Fried Egg (V)	€1.00	Spinach (V)	€2.00
Mashed Avocado (V)	€2.00	Confit Tomatoes (V)	€2.00
Fresh Berries (V)	€2.00	Toast Portion (V)	€2.65
Maple Syrup (V)	€1.50	Rosemary Potatoes (V)	€3.00
Organic Honey (V)	€1.00	Nutella (V)	€2.00
Homemade Custard (V)	€1.50	Berry Compote (V)	€2.00

Did you know?

Hook & Ladder is available for ALL corporate, private hire & special occasion events. We also offer outside catering from our kitchen to your table!



WE PROUDLY SERVE products from:

St.Tola Goats Cheese, Inagh, Co. Clare

Walshes Bakehouse, Co. Waterford

Arbutus Bakery, Co. Cork

Noel O'Connor, Local Butcher, Limerick

Enda Ahearne, Local Butcher, Limerick

C.S Fish, Doonbeg, Co. Clare

Shines Seafood, Co. Donegal

Twomey's Bakery, Co. Limerick

Knockanore Farmhouse, Co. Waterford



Please be patient with us through busy periods and allow 15-20 minutes as each dish is prepared and cooked fresh to order



Should you have any special dietary requirements, please ask one of our friendly staff for assistance



We are unable to split bills on tables over 6



Vegetarian

SHARE THE LOVE SNAP #TAG SHARE



HOOK & LADDER

SERVED UNTIL 12PM

Farm Fresh Eggs

Scrambled Eggs: (V) €6.85
Scrambled eggs & toast

Perfectly Poached: €9.95
Florentine - Benedict

Lunch Classics

H&L Toasted Special: €8.95
Twomey's batch loaf home cooked Limerick ham, Dubliner cheddar, beef tomato & red onion, served with house side salad

Hot Flame Chicken: €9.95
Cajun spiced chicken on toasted sourdough with avocado smash, peppered rocket & sriracha mayo

Chicken BLT Club: €9.85
Roast chicken, Irish bacon, romaine lettuce, beef tomato & roast garlic mayo on a blaa, served with house side salad

Slow & Low BBQ Pork: €9.85
Slow cooked pork, hoisin BBQ sauce, apple & coriander slaw on a toasted blaa, served with house side salad

Rainbow Falafel: (V) €12.50
Spinach wrap with beet hummus, grated carrots, cherry tomatoes & homemade falafel with mint yoghurt & sweet chilli sauce, served with house salad

Doonbeg Crab & Pink Prawn Marie-Rose: €13.50
Doonbeg crabmeat with fresh herb & lemon mayo & pink prawn marie-rose, on honey & pumpkin seed wheaten loaf, served with house side salad

Tex Mex Burrito: €9.95
Grilled chicken burrito, red onion, mozzarella cheese, red pepper, pico de gallo, lime sour cream & tortilla chips

Add Cup of Soup for €1.50

SERVED FROM 12PM

Salads & Soup

St. Tola Goat's Cheese: (V) €11.95
Warm St.Tola goats cheese croûte, candied pecans, beets, pomegranate, mixed green leaves & honey balsamic glaze

Signature Caesar Salad: €8.95
Caesar salad, warm smoked bacon lardons, romaine lettuce, sourdough croutons & micro-blade Parmesan
- **Add grilled piri piri chicken €3**

Today's Soup: (V) €5.50
Soup of the day, served with honey & pumpkin seed wheaten loaf

Seafood Chowder: €9.45
A chunky creamy soup with mixed seafood

Sides

Green Leaf Salad: (V) €2.00 **Spicy Wedges: (V) €3.50**
Mixed baby leaf salad, honey Dijon dressing
Potato wedges with a mild spice

Orzo Pasta Salad: (V) €3.75 **Asian Slaw: (V) €3.75**
Orzo pasta, semi sun-dried tomatoes, feta, olives & toasted pine nuts
White cabbage, granny smith apple, coriander & ginger mayo

STORE LOCATIONS:

Castletroy, Limerick / 7 Sarsfield Street, Limerick / Corbally, Limerick / Dooradoyle, Limerick / Skycourt Centre, Shannon, Co. Clare / Tramore Rd, Waterford