



## 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  **€8.95**  
Rosemary potatoes, grilled mushrooms, tomatoes, spinach, fried egg & toast

**Superfood 3 Egg Omelette: (V)** SERVED UNTIL 12PM  **€9.75**  
Spinach, feta & sweet potato with sourdough toast

**Perfectly Poached: €9.95** SERVED UNTIL 12PM   
Florentine - Benedict

## Pancakes & Waffles

**Buttermilk Blueberry Pancakes: (V) €9.45**  
American style buttermilk blueberry pancakes & Canadian maple syrup - **Add Irish bacon €2**

**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
Pancake (V)	€3.15	Berry Compote (V)	€2.00
Homemade Custard (V)	€1.50		



**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 FROM 12PM

## Burgers

**The 8oz: €13.95**  
8oz Irish Hereford beef burger, Knockanore smoked cheese, beef tomato, tobacco onions, tomato relish & French fries - **Add Irish bacon €2 / - Upgrade to Dirty Fries €2**

**Mother Clucker: €13.50**  
Fried chicken sandwich, dill pickles, American cheese, Asian slaw & hoisin aioli, served with French fries - **Add Irish bacon €2 / - Upgrade to Dirty Fries €2**

**Vegan Burger: (V) €11.95**  
Grated beetroot burger made with kidney beans, chia seeds & mushrooms on a toasted blaa, served with house garnish

## Lunch Classics

**Bruschetta: (V) €8.95**  
Char-grilled sourdough, roasted courgette, sun-dried tomatoes, buffalo mozzarella or St. Tola goats cheese

**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 French fries or sweet potato fries for €2.50

## 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**

**Buddha Bowl: (V) €13.50**  
Quinoa, roasted broccoli, chickpeas, avocado, red peppers, roasted mixed seeds, served with choice of dressing Tahini & soy sauce vinaigrette or sweet chilli sauce

**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

## Dirty Fries

**BBQ Pulled Pork: €5.50**  
Slow Cooked Pork & Sriracha mayo  
**Bacon Lardons: €5.50**  
American cheese, jalapenos, garlic aioli & bacon  
**Veggie Fries: (V) €5.50**  
Guacamole, tomato salsa & cheese

## Sides

**French Fries: (V) €3.50**  
**Asian Slaw: (V) €3.75**  
**Green Leaf Salad: (V) €2.00**  
**Sweet Potato Fries: (V) €4.00**  
**Orzo Pasta Salad: (V) €3.75**  
**Onion Rings: (V) €4.00**

### STORE LOCATIONS:

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