

## BREAKFAST CLASSICS

- Farmers Fair:** €9.95  
Farm reared sausages, crispy Irish bacon, black & white pudding, confit tomatoes, grilled mushrooms, hash brown, fried egg & toast
- Mini Farmers Fair:** €8.50  
Farm reared sausage, crispy Irish bacon, black & white pudding, confit tomato, fried egg & toast
- The Ampersand:** (V) SERVED UNTIL 12PM €10.95  
Toasted English muffin, beet hummus, mashed avocado, poached eggs, vine tomatoes, hollandaise sauce & chilli flakes  
Add *crispy Irish bacon* + €3.00
- Piggy In The Middle:** €9.95  
Farm reared sausages, fried egg, bacon & black pudding, on a toasted Waterford blaa with seasonal tomato relish
- Veggie Breakfast:** (V) €9.95  
Homemade hash brown, grilled mushrooms, tomatoes, spinach, fried egg & toast
- Perfectly Poached:** (V) SERVED UNTIL 12PM €11.95  
Served on two toasted English muffins, finished with poached eggs & homemade dill hollandaise sauce  
*Florentine - Benedict*
- Breakfast Burrito:** SERVED UNTIL 12PM €10.95  
Free range scrambled egg, crispy Irish bacon, farm reared sausage, black pudding & house tomato relish with vine tomatoes  
Add *hash brown portion* + €3.00
- 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 & seasonal berry compote

## PANCAKES & MORE

- Buttermilk Blueberry Pancakes:** (V) €9.95  
American style buttermilk blueberry pancakes & Canadian maple syrup  
Add *crispy Irish bacon* + €3.00
- Belgian Waffles:** (V) €10.95  
Fluffy waffles with butterscotch mascarpone cream, topped with berry compote & drizzled with organic honey  
Add *crispy Irish bacon* + €3.00
- French Toast:** (V) €10.95  
Arbutus bakery brioche, roasted walnuts, fresh cream topped with seasonal berry compote & Canadian maple syrup  
Add *crispy Irish bacon* + €3.00

### Add On's

Farm Reared Sausage	€3.00	B & W Pudding	€3.00
Irish Bacon	€3.00	Mushrooms (V)	€2.00
Fried Egg (V)	€1.50	Spinach (V)	€2.00
Hash Brown (V)	€3.00	Pancake (V)	€3.50
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	Nutella (V)	€2.00
Organic Honey (V)	€1.00	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

Our Daily Bread, Limerick

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. Variances on dishes will also increase wait time.



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



We are unable to spilt bills on tables over 6



Vegetarian

SHARE THE LOVE SNAP #TAG SHARE



HOOK & LADDER

SERVED FROM 12PM

## SANDWICHES

Served with house side salad

- Italian Caprese Bruschetta:** (V) €10.95  
Garlic sourdough bruschetta, basil pesto, semi sun-dried & cherry tomatoes, topped with buffalo mozzarella or St. Tola goats cheese & balsamic glaze
- H&L Toasted Special:** €8.95  
Home cooked Limerick ham, signature cheese blend, beef tomato & red onion on toasted sourdough
- Chicken BLT:** €9.95  
Grilled chicken breast, crispy Irish bacon, romaine lettuce, beef tomato & roast garlic mayo on a blaa
- Fire Cracker Burrito:** €10.95  
Grilled Irish chicken breast, roasted red peppers, three cheese blend, house special hot sauce, served with pico de gallo, lime sour cream & tortilla chips
- Slow & Low BBQ Pork:** €10.95  
Slow cooked pork, BBQ sauce, house slaw on a toasted blaa
- Sesame Falafel Wrap:** (V) €9.95  
Open falafel wrap with beet hummus, red cabbage, pickled cucumber, rocket, roasted mixed seeds, grilled vine tomato & Greek yoghurt & Tahini
- Ortiz Tuna Melt:** €10.95  
Line caught Spanish tuna, shallots, lemon aioli & melted buffalo mozzarella on a toasted multi-seed bagel

Add skin on fries + €3.50 / Sweet potato fries for €4.00 or a cup of soup for €2.50

SERVED FROM 12PM

## SALADS & SOUP

- St. Tola Goat's Cheese:** (V) €12.95  
Warm St. Tola goats cheese croûte, roasted walnuts, pickled cucumber, strawberries, mixed green leaves & honey balsamic glaze, served with honey & pumpkin seed wheaten loaf
- Signature Chicken Caesar Salad:** €14.95  
Grilled Irish chicken breast, warm smoked bacon lardons, romaine lettuce, sourdough croutons, topped with creamy Caesar dressing & micro-blade Parmesan, served with honey & pumpkin seed wheaten loaf
- Buddha Bowl:** (V) €10.95  
Quinoa, steamed broccoli, chickpeas, avocado, red peppers, roasted mixed seeds, served with choice of dressing Tahini & soy sauce vinaigrette or sweet chilli sauce  
Add *grilled chicken breast* + €4.00
- Today's Soup:** €5.50  
Homemade soup of the day, served with honey & pumpkin seed wheaten loaf

SERVED FROM 12PM

## DIRTY FRIES

- BBQ Pulled Pork:** €5.95  
Slow cooked BBQ pork & sriracha mayo
- Bacon Lardons:** €5.95  
American cheese, jalapenos, & bacon lardons
- Veggie Fries:** (V) €5.95  
Guacamole, tomato salsa, American cheese & jalapenos

## SIDES

- Skin on Fries:** (V) €3.50    **Sweet Potato Fries:** (V) €4.00  
**House Slaw:** (V) €3.75    **Onion Rings:** (V) €4.00  
**Green Leaf Salad:** (V) €2.00

### STORE LOCATIONS:

Dooradoyle, Limerick / Castletroy, Limerick / 7 Sarsfield Street, Limerick / Corbally, Limerick / Tramore Rd, Waterford