

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 & seasonal berry compote

Organic Porridge | G.F Porridge: (V) SERVED UNTIL 12PM €5.95
Rolled porridge oats with seasonal berries drizzled with organic honey (made with low fat milk or on request soy/almond, coconut or oat + €0.65)
Add homemade granola €1.50 / Add banana €1.50

BREAKFAST CLASSICS

Farmers Fair: €9.95
Farm reared sausages, crispy Irish bacon, black & white pudding, confit tomatoes, grilled mushrooms, rosemary potatoes, 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 streaky 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

The Vegan Blaa: (V) SERVED UNTIL 12PM €10.95
Smashed avocado, spinach, confit tomatoes & vegan "scrambled egg" on a toasted blaa

Chicken & Waffle Stack: €14.95
Crispy fried buttermilk chicken breast on a freshly toasted waffle with maple syrup, topped with a fried egg & served with skin on fries
Add crispy Irish bacon + €3.00 / Upgrade Dirty Fries + €2.00

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

PANCAKES & MORE

Buttermilk Blueberry Pancakes: (V) €9.95
American style buttermilk blueberry pancakes & Canadian maple syrup
Add streaky bacon + €3.00 / Add salted caramel ice-cream + €2.50

Belgian Waffles: (V) €10.95
Fluffy waffles with butterscotch mascarpone cream, topped with berry compote & drizzled with organic honey
Add streaky bacon + €3.00 / Add salted caramel ice-cream + €2.50

French Toast: (V) €10.95
Arbutus bakery brioche, roasted walnuts, fresh cream topped with seasonal berry compote & Canadian maple syrup
Add streaky bacon + €3.00 / Add salted caramel ice-cream + €2.50

Cinnamon Swirl French Toast: (V) €12.95
Freshly baked cinnamon swirl French toast with homemade custard dipping sauce, topped with fresh cream, berry compote & Canadian maple syrup
Add streaky bacon + €3.00 / Add salted caramel ice-cream + €2.50

Add On's

Farm Reared Sausage	€3.00	B & W Pudding	€3.00
Irish Bacon or Streaky 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	Rosemary Potatoes (V)	€3.00
Organic Honey (V)	€1.00	Nutella (V)	€2.00
Homemade Custard (V)	€1.50	Berry Compote (V)	€2.00



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. Variations 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

BURGERS

The 8oz: €15.95
8oz Irish Hereford patty on brioche bun, served with crispy Irish bacon, Knockanore smoked cheese, beef tomato, tobacco onions, harissa aioli & skin on fries
Upgrade to dirty fries + €2.00

Mother Clucker: €15.95
Crispy fried buttermilk chicken breast, on brioche bun served with house slaw, Dubliner cheddar, chipotle aioli & skin on fries
Add crispy Irish bacon + €3.00 / Upgrade to dirty fries + €2.00

Vegan Burger: (V) €15.95
Cauliflower & quinoa burger on Waterford blaa, served with smashed avocado, red onion, mature vegan cheddar & sriracha mayo with house salad & sweet potato fries

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

Doonbeg Crab & Pink Prawn Marie-Rose: €13.95
Doonbeg crabmeat with fresh herb & lemon mayo & pink prawn marie-rose on honey & pumpkin seed wheaten loaf

Slow & Low BBQ Pork: €10.95
Slow cooked pork, BBQ sauce, house slaw on a toasted blaa

Hot Flame Chicken: €10.95
Cajun spiced Irish chicken on toasted sourdough with avocado smash, peppered rocket & sriracha mayo

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 / Add pink prawns + €4.50

Today's Soup: €5.50
Homemade soup of the day, served with honey & pumpkin seed wheaten loaf

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

House Slaw: (V) €3.75

Green Leaf Salad: (V) €2.00

Sweet Potato Fries: (V) €4.00

Onion Rings: (V) €4.00

STORE LOCATIONS:

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