



# LUNCH

Monday- Friday 11:45-4:30

## SIGNATURE SANDWICHES

Served with crisps or salad

### WHITE BLOOMER

Chicken, homemade stuffing, rocket & lemon basil mayo €8

### SUN-DRIED TOMATO BLOOMER

Chicken, cheddar cheese, tomato, rocket, chipotle mayo & balsamic glaze €8

### PASTRAMI MELT

Pastrami, smoked applewood cheddar, tomato, rocket & sun-dried tomato mayo on toasted sourdough €8

## HOT CIABATTAS

Served with crisps or salad

### TURKEY CIABATTA

Turkey, bacon, homemade stuffing, Swiss cheese & cranberry mayo €8

### CHICKEN CIABATTA

Chicken, chorizo, goats cheese & homemade red onion relish €8

### SPOON CIABATTA

Chicken, brie, rocket & homemade roasted red pepper aioli €8

## WRAPS

Served with crisps or salad

### BASIL PESTO CHICKEN WRAP

Basil pesto chicken, sun-dried tomato, shredded carrot with seeds, rocket & mayo €7

### CHICKEN CAESAR WRAP

Chicken, bacon, mixed leaves, parmesan & caesar dressing €7

### TUNA WRAP

Tuna sweetcorn mayo, tomato & mixed leaves €7

### SPOON FALAFEL WRAP

Falafel, mixed leaves, cucumber, couscous, yogurt & mint dressing €7

## HOT SPOON SPECIALS

### HOT CAJUN CHICKEN CLUB

Cajun chicken, crispy bacon, swiss cheese, salsa & guacamole on a toasted ciabatta €8.50

### HOT HONEY BAKED HAM

Hot honey baked ham, cheddar cheese, tomato, rocket, Ballymaloe relish on a toasted ciabatta €8.50

### HOT CAJUN CHICKEN BURRITO

Hot cajun chicken, guacamole, couscous, grated cheddar, onion, mixed leaves & sriracha hot sauce €8

### GOATS CHEESE SPECIAL

Warm goats cheese, honey roasted almonds, roasted cherry tomatoes with homemade basil pesto & balsamic dressing served on brioche and a bed of mixed leaves €9

Add Roast Chicken €10

## SALADS

### SPOON SALAD

Sun-dried cranberries, cashew nuts, mozzarella, fresh mixed leaves, onion, peppers & homemade vinaigrette €9

Add Roast Chicken €10

### WARM GOATS CHEESE SALAD

Warm goats cheese, roasted beetroot, caramelized walnuts, fresh mixed leaves & balsamic dressing €9

Add Roast Chicken €10

## SOUP

Homemade Soup €5

Homemade Soup & Soda Bread €5.50

Cup of Soup €3



# MONDAY - FRIDAY

BREAKFAST 7:30-11:45

LUNCH 11:45-4:30

SATURDAY - ALL DAY BRUNCH 9-4

## BREAKFAST

### FULL SPOON

Two sausages, two bacon, fried egg, black & white pudding, grilled tomato, rosemary roasted baby potatoes served with toasted sourdough **€10.50**

### MINI SPOON

One sausage, one bacon, fried egg, rosemary roasted baby potatoes served with toasted sourdough **€8.50**

### VEGGIE BREAKFAST

Mushrooms, one fried egg, grilled tomato, rosemary roasted baby potatoes served with toasted sourdough **€8.50**

### LOVELY EGGS

Poached or scrambled eggs served with grilled tomato & toasted sourdough **€7.50**

Add Bacon **€8.50**

Add Smoked Salmon **€9.50**

Add a portion **€2**

Sausage, bacon, egg, pudding, grilled tomato, mushrooms, rosemary roasted baby potatoes, beans  
Toast **€2.50**

### EGGS BENEDICT

Poached eggs with bacon & hollandaise sauce on a toasted English muffin **€10**

Swap bacon for smoked salmon: Add **€1.50**

### OMELETTE

Choose three fillings served with toasted sourdough **€8**

### SPOON FRENCH TOAST

Thick cut brioche french toast served with maple syrup **€7.50**

Add Bacon **€8.50**

### BREAKFAST BAP

Sausage, bacon & fried egg with tomato relish **€6**

### ORGANIC PORRIDGE

Served with honey **€4**

or berry compote **€5**

### SCONES AND PASTRIES

served with jam and butter **€2.80**

## SMOOTHIES

Vita Berry **€4.50**

Mango Mania **€4.50**

Strawberry Surprise **€4.50**

## CAKE

Please see cake display

## COFFEE

	Reg	Large
Espresso	<b>€2.40</b>	<b>€2.60</b>
Macchiato	<b>€2.60</b>	<b>€2.80</b>
Americano	<b>€3.10</b>	<b>€3.50</b>
Latte	<b>€3.40</b>	<b>€3.80</b>
Flat White	<b>€3.30</b>	<b>€3.80</b>
Cappuccino	<b>€3.40</b>	<b>€3.80</b>
Chai Latte	<b>€3.40</b>	<b>€3.80</b>
Mocha	<b>€3.60</b>	<b>€3.90</b>
Hot Chocolate	<b>€3.40</b>	<b>€3.80</b>
Syrup	<b>€0.80</b>	
Hazelnut/ Caramel/ Vanilla		

## TEA

Mug of Tea	<b>€2.20</b>
Pot of Tea for One	<b>€2.70</b>
Pot of Tea for Two	<b>€4.50</b>
Herbal Tea	<b>€2.60</b>

## DRINKS

Freshly squeezed orange Juice	<b>€3.50</b>
Cans	<b>€1.75</b>
Bottles	<b>€2.25</b>
Bottled Water	<b>€1.75</b>