

## BEST OF BREAKFAST

### EGGS BENEDICT €9.00

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

### FULL SPOON €9.50

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

### MINI SPOON €8.00

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

### VEGGIE BREAKFAST €8.00

Mushrooms, fried egg, grilled tomato, baby rosemary roasted potatoes served with toasted sourdough

#### Add a portion

Sausage, bacon, egg, pudding, grilled tomato, mushrooms, baby rosemary roasted potatoes, beans

€1.50  
each

### OMELETTE €7.00

Choose three fillings served with toasted sourdough

### LOVELY EGGS €7.00

Poached or scrambled eggs served with grilled tomato & toasted sourdough  
Add Bacon €8.00

### SPOON FRENCH TOAST €7.00

Thick cut fluffy French toast served with maple syrup  
Add Bacon €8.00

### BREAKFAST BRIOCHE BAP €5.00

Two sausages, one bacon & one fried egg

### ORGANIC PORRIDGE WITH HONEY €4.00

Add Fresh Fruit €6.00

### Organic Granola & Natural Yoghurt €4.50

Add Fresh Fruit €6.00

### SCONES & PASTRIES €2.50

## LUNCHTIME HEROES

served with salad or crisps

### CAJUN CLUB €8.00

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

### SUN-DRIED TOMATO BLOOMER €8.00

Sun-Dried Tomato bread with chicken, cheddar cheese, tomato, rocket, chipotle mayo & balsamic glaze

### BASIL PESTO CHICKEN WRAP €7.00

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

### SPOON FALAFEL WRAP €7.00

Falafel, mixed leaves, cucumber, cous cous, greek yogurt & mint dressing (V)

### SPOON CIABATTA €8.00

Chicken, brie, rocket & homemade roasted red pepper aioli

### WHITE BLOOMER €8.00

Chicken, homemade stuffing, rocket & lemon basil mayo

### SPOON SALAD €8.50

Sun-dried cranberries, cashew nuts, mozzarella, fresh mixed leaves, onions, peppers & home-made vinaigrette (V)

Add Cajun Chicken €10.00

### GOATS CHEESE SPECIAL €9.00

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

Add Roast Chicken €10.00

### SOUP & SODA BREAD €4.50

### CUP OF SOUP €2.50

## COFFEE

	REG	LRG
ESPRESSO	€ 2.00	€ 2.20
MACCHIATO	€ 2.20	€ 2.40
AMERICANO	€ 2.50	€ 2.90
LATTE	€ 2.80	€ 3.30
FLAT WHITE	€ 2.80	€ 3.30
CAPPUCCINO	€ 3.00	€ 3.30
CHAI LATTE	€ 2.80	€ 3.30
MOCHA	€ 3.00	€ 3.30
HOT CHOCOLATE	€ 3.00	€ 3.30
SYRUP		€0.50
HAZELNUT/CARAMEL/VANILLA		
EXTRA SHOT		€0.50

## TEA

MUG OF TEA	€ 2.00
POT OF TEA FOR ONE	€ 2.50
POT OF TEA FOR TWO	€ 4.00
HERBAL TEA	€ 2.20

## DRINKS

FRESH ORANGE JUICE	€ 3.00
CANS	€ 1.75
BOTTLES	€ 2.25
BOTTLED WATER	€ 1.75

## SMOOTHIES €4.00

STRAWBERRY SURPRISE  
VITA BERRY  
MANGO MANIA