



## SMALL PLATES & STARTERS

### SWEET & STICKY WINGS

Freerange chicken wings with a sticky Highbank Organic Orchard apple, teriyaki & sesame dip **7.95**

### HOT & SPICY BUFFALO WINGS

Spicy freerange chicken wings with a Cashel Blue cheese dip **7.95**

### HALLOUMI FRITTERS (V)

Irish halloumi fritters with spicy harissa mayo **7.50**

### SWEET POTATO

#### FALAFEL PLATE (VG)

Baked organic sweet potato falafels with vegan tzatziki **6.95**

### HOUSE HUMMUS & FLATBREADS (VG)

Organic butterbean & chickpea hummus, green leaves & warm sourdough **5.50**

## SEASONAL SOUP & BROWN BREAD (V), (VG) OR (GF)

Gluten and dairy-free soup freshly made by us with seasonal organic veggies from Drumanilra Farm & other growers. With Carraig Rua brown soda bread.(V) Ask for gluten-free or vegan roll.

**5.50**

**Free From Options:** We use allergens including dairy, eggs, wheat, mustard, nuts, sesame seeds & celery in our kitchen as part of the preparation of food. We also cook different foods in the same equipment. Intended allergen ingredients for each of our menu items is available in our allergen booklet. Ask a team member. We can offer a "made without gluten" and a "made without dairy" version of most items on the menu. Ask us when you place your order, but please be aware that traces of allergens may be present in all our foods.

## SAVOURY PASTRIES

→ Choose from our savoury pastry selection made by us daily from Drumanilra Farm organic eggs, freerange pork & Irish cheese.

### FREERANGE PORK SAUSAGE ROLL

Drumanilra sausage & caramelised onion wrapped in an all-butter puff pastry roll **4.00**

### FALAFEL & GOATS CHEESE ROLL (V)

Organic sweet potato falafel & goat's cheese, wrapped in an all-butter puff pastry roll **4.00**

### CLASSIC QUICHE LORRAINE

Classic Quiche Lorraine with Drumanilra free range bacon & Drumanilra organic eggs **4.50**

### GOAT'S CHEESE & RED ONION QUICHE (V)

Irish Goat's Cheese, organic spinach and Drumanilra Farm organic eggs **4.50**

## SALADS

### HONESTLY ORGANIC SALAD (V)

A freshly prepared mix of Drumanilra organic leaves, shredded raw vegetables & soft herbs, in a zesty vinaigrette with raw seeds & vegan French dressing. **7.95**

### CHICKEN SALAD

Honestly salad mix topped with warm grilled freerange Irish chicken breast & French dressing. **10.95**

### FALAFEL SALAD (VG)

Honestly salad mix topped with baked organic sweet potato falafel served with vegan French dressing **9.95**

### IRISH HALLOUMI FRITTER SALAD (V)

Honestly salad mix topped with Proper Dairy Company Halloumi fritters & French dressing **9.95**

## HOT SANDWICHES



→ Served on a fresh baked ciabatta roll made by our own *Carraig Rua Bakery*, Carrick on Shannon, with organic flour, olive oil and a slow 48hr fermentation. Ask for GF roll.

### SOUP & SANDWICH DEAL **10.95**

### HONESTLY GRILLED HAM & CHEESE

DRUMANILRA FARM freerange, dry cure ham & Irish cheddar melt. **6.95**

### CHICKEN & MOZZARELLA

Free range chicken, mozzarella, pesto, mayo, & roasted peppers with salad leaves from our garden **7.50**

### B L T

DRUMANILRA FARM freerange dry cure rashers & salad leaves, cherry tomatoes, Ballymaloe relish & mayo. **7.50**

### RAINBOW WRAP

Butterbean hummus, organic shredded raw veg & herb salad, roasted peppers, tomatoes & vegan mayo on a beetroot tortilla wrap. **6.50**

## ALL OUR GRILLED MEATS ARE

ORGANIC (BEEF & LAMB)

FREERANGE (PORK & CHICKEN)

IRISH HIGH WELFARE

SOURCED DIRECT FROM OUR OWN OR ONE OF OUR PARTNER FARMS

## ALL OUR VEGETABLES ARE

ORGANIC

PESTICIDE FREE

GM FREE

## HOT DRINKS

### COFFEE & HOT CHOCOLATE

|  | REGULAR       | LARGE       |
|--|---------------|-------------|
| Americano  | <b>2.90</b>   | <b>3.20</b> |
| Cappuccino   | <b>3.40</b>   | <b>3.65</b> |
| Caffé Latte  | <b>3.50</b>   | <b>3.75</b> |
| Flat White   | <b>3.30</b>   |             |
| Espresso   | <b>2.30</b>   | <b>2.65</b> |
| Choose from single, double or macchiato            |               |             |
| Speciality Latte                                   | <b>+0.50c</b> |             |
| Choose from vanilla, gingerbread, caramel or mocha |               |             |
| Hot Chocolate                                      | <b>3.50</b>   | <b>3.80</b> |
| Kiddiccino   | <b>2.00</b>   |             |
| Steamed milk, marshmallows & chocolate sprinkles   |               |             |
| Kiddi-Chocaccino                                   | <b>2.75</b>   |             |
| Hot chocolate, marshmallows & chocolate sprinkles  |               |             |

Freshly roasted coffee by ART OF COFFEE, Carrick-On-Shannon Ask for our organic Temptation Blend +40c



### ORGANIC TEA

|   |             |
|---|-------------|
| Clipper Organic Breakfast Tea   | <b>2.90</b> |
| Organic Infusions & Speciality Teas   | <b>2.90</b> |
| Choose from chamomile, mint, nettle, Pukka Love, rooibos, Earl Grey and green tea |             |
| Chai Latte  | <b>4.00</b> |
| Organic Turmeric Coconut Latte (V)  | <b>4.00</b> |

### FOOD TO GO?

Please ask for your takeaway discount at the till!