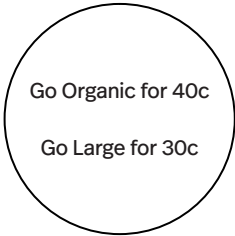


Sweet Treats

We have a great range of desserts at the counter - all from our own bakery, Carraig Rua. Different cakes and treats are available daily - you might find our raspberry & ginger baked cheesecake, a gooey chocolate brownie or a seasonal special!

Pop to the tills to try today's special desserts.




Coffee

Choose from our Lounge Blend or our organic Temptation coffee blend!

Americano	3.10
Cappuccino	3.65
Latte	3.65
Cortado	3.20
Macchiato	3.20
Flat White	3.50
Espresso	2.50
Double Espresso	2.90

Our coffee is locally roasted for us by Artessa in Carrick-on-Shannon.

We use organic milk from Organic for Us in Co. Donegal.

 Organic plant based milks, decaf and iced coffees also available!

Add Vanilla, Caramel, Gingerbread or Hazelnut syrup +50c

Soft Drinks

Karma Cans (Organic & Fairtrade)	2.50
Orangeade, Lemonade, Razza Raspberry Lemonade, Karma Cola, Karma Cola sugar free	
San Pellegrino	2.50
Selection of flavours	
Organic Pip Smoothies & Juices	2
Water (Still or Sparkling)	2.50
Organic Synerchi Kombucha	3.30
Sisu Juices	3.75
Sisu Shots	2.65



Tea

Organic Breakfast Tea	2.95
Speciality teas	3.10
Earl Grey, Green Tea, Chamomile, Mint, Nettle, Pukka Love, Rooibos	

Hot Drinks

Hot Chocolate	3.85
Turmeric Coconut Latte	4.15
Chai Latte	4.15

Smoothies

Kale Kick	5.60
Mango, kale, banana, apple juice	
Berry Go Round	5.60
Blueberries, redcurrants, raspberries, strawberries, blackberry, banana, apple juice	
Tropical Zest	5.60
Pineapple, mango, kiwi, lime juice, mint, banana, apple juice	



Milkshakes

Chocolate	5.60
Vanilla	5.60
Strawberry	5.60