



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



Much of our in-season veg comes from our organic garden on our home farm, Drumanilra



Our breads & buns are certified organic. Our pastries are made with organic flour. All are baked in our own bakery, Carraig Rua, in Carrick-on-Shannon.



Our pork is high welfare from Irish farmers. Our sausages are from Crowe's Farm & are out-door reared.

Honestly

Farm Kitchen

BREAKFAST MENU



SERVED DAILY UNTIL MIDDAY

— ARTISAN BAKERY —

Honestly Farm Kitchen was founded by Liam and Justina Gavin.

Our aim is to make local, seasonal, organic produce accessible to everyone.

Our Carrick-on-Shannon location is Ireland's first and only Farm to Fork Drive Thru. We opened in Strandhill in 2022. Both of our restaurants have a small farm shop where you can pick up organic meats, vegetables, breads, and lots of staples and treats. You can pre-order too on our website www.honestlykitchen.ie

**CARRAIG
RUA**

Carraig Rua is our bakery in Carrick-on-Shannon. Here our dedicated team produce organic breads, fresh cakes and pastries for our restaurants and Farm Shops. Everything down to our burger buns is made by hand and brought fresh to you. We use only organic flour, real butter and free-range eggs in our daily bakes. Pick up a loaf or treat yourself to a dessert today.

**DRUMANILRA
ORGANIC FARM**

Drumanilra is our home farm, once farmed by Liam's great-grandfather on the shores of Lough Key. Here we raise organic Dexter cattle, sheep and laying hens. We grow organic salads, vegetables and lots more depending on the season. Drumanilra Farm is a fully certified organic farm, certified by the Organic Trust since 2015. The farm supplies ingredients to our Honestly Farm Kitchens

@HonestlyKitchen

@CarraigRuaBakery

@Drumanilra

Important Note: Please speak to our team if you have any food allergies, special diets or food intolerances. We are transparent about intended allergens, but we cannot guarantee that any dish is 100% free of allergens, as we work in a small kitchen with shared equipment, where all major allergens are present. Please speak to us if you have any questions or concerns.

Did you know you can order online for takeaway?



Scan here to order, to sign up to our newsletter, to order organic produce online, to buy gift vouchers and hampers, to read our latest blogs and lots more!

STAY IN TOUCH - | @HonestlyKitchen | honestlykitchen.ie



CARRAIG RUA PASTRIES

Come to the counter to see our great range of breakfast pastries, all made with organic flour & local free range eggs in our own bakery,



COFFEE

Go Organic for 40c

Americano	€3.70
Cappuccino*	€4.20
Latte*	€4.20
Cortado*	€3.60
Macchiato*	€3.60
Flat White*	€3.85
Espresso	€2.80
Double Espresso	€3.20
Mocha***	€4.50

Allergens: *Mi, **TN, ***Mi & So

TEA

Organic Breakfast

Tea	€3.10
Earl Grey	€3.60
Green Tea	€3.60
Chamomile	€3.60
Mint	€3.60
Nettle	€3.60
Pukka Love	€3.60
Lemon & Ginger	€3.60
Rooibos	€3.60

HOT DRINKS

Hot Chocolate***	€4.50
Turmeric Coconut Latte*	€4.30
Chai Latte*	€4.30
Dirty Chai Latte	€4.95
Caramel Latte*	€4.70
Gingerbread Latte*	€4.70
Matcha Latte*	€4.70
Pumpkin Spice* Latte	€4.70

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MILKSHAKES

Chocolate***	€5.90
Vanilla*	€5.90
Strawberry*	€5.90

Allergens: *Mi, ***Mi & So

SMOOTHIES

KALE KICK  €5.90
Mango, Drumanilra kale, banana, apple juice

BERRY GO ROUND  €5.90
Berries, banana, apple juice

TROPICAL ZEST  €5.90
Pineapple, mango, kiwi, lime juice, mint, banana, apple juice

Allergens: Su



Allergen Key: Ce = Celery, Mi = Milk, E = Eggs, Se = Sesame, So = Soya, B = Barley, Su = Sulphites, TN = Tree Nuts, Mu = Mustard, O = Oats, P = Peanuts, W = Wheat, R = Rye, Fi = Fish, Cr = Crustacean, Mo = Molluscs.

 Items with this symbol are made without gluten. Careful, though, we can't guarantee there won't be traces of gluten as it's a small kitchen. Please speak to your server when ordering if you have a gluten intolerance.

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Honestly Farmer's Breakfast Allergens: W, B, O, Mi, E, Su, Ce, So €13.95

Crowe's Farm outdoor-reared pork sausages, Crowe's Farm dry cure bacon rashers, Clonakilty black & white pudding, free-range fried egg, Tuscan-style beans, Portobello mushroom, Carraig Rua organic sourdough toast and butter.

Honestly Mini Breakfast Allergens: W, B, Mi, E, Su, Ce, So €10.45

Crowe's Farm outdoor-reared pork sausage, Crowe's Farm dry cure bacon rasher, Tuscan-style beans, free-range fried egg & Carraig Rua organic sourdough toast and butter.

Honestly Gardener's Breakfast Allergens: W, B, Mi, E, Su, Ce, So €10.95

Tuscan-style beans, crispy falafels, a free-range fried egg, sautéed kale & mushroom, Carraig Rua organic sourdough toast, and butter.

Honestly Breakfast Bap Allergens: W, E, So, Mu, Su €9.95

Crowe's Farm dry cure rasher & Irish breakfast sausage, free-range fried egg, Ballymaloe relish on an organic Carraig Rua sourdough bap.

Veggie Breakfast Bap Allergens: W, O, So, Su €8.95

 Clonakilty Vegan Pudding, Follains Chilli Jam, sautéed kale & mushroom on an organic Carraig Rua sourdough bap.

Bacon & Scrambled Eggs Allergens: W, B, E, Mi €10.95

Crowe's Farm dry cure bacon rashers & free-range scrambled eggs on Carraig Rua organic sourdough toast.

Add Streaky or Back Bacon	€1.75	Add Tuscan-style beans	€1.75
Add Sausage	€1.75	Add Mushroom	€1.75
Add Fried/Scrambled /Poached Egg	€1.75	Add Toast & Butter	€3.50

Maple Pecan Granola Allergens: O, Mi, TN (Almonds, Cashews, Hazelnuts, Pecans) €7.95

Carraig Rua maple pecan granola, natural yoghurt, mixed berry compote

AMERICAN STYLE PANCAKES

Made with organic flour & local free-range eggs.

SIMPLE PLEASURES Allergens: W, Mi, E, Nutella allergens: So, Mi, TN (Hazelnut) €7.95
Triple pancake stack with maple syrup or Nutella

BACON & MAPLE Allergens: W, Mi, E €10.95
Triple pancake stack with maple syrup & Crowe's Farm streaky bacon

CHOCOLATE LOVERS Allergens: W, Mi, E, So, TN (hazelnut) €9.95
Triple pancake stack with Nutella, Belgian chocolate drops & whipped cream

BERRY GOOD GUT Allergens: W, Mi, E €9.95
Triple pancake stack with mixed berry compote and natural yoghurt

 Items with this symbol can be made without gluten on request. Careful, though, we can't guarantee there won't be traces of gluten as it's a small kitchen. Please tell your server when ordering if you would like to go without gluten.

 Vegan