

SMALL PLATES

-  **Soup of the Day** **5.95**
 With seasonal veggies. Ask your server for today's soup and allergens.
Served with Carraig Rua brown soda bread and butter.
Soda Bread Allergens: W, E, Mi, O
Vegan/ Gluten Free bread available on request.

-  **Falafel Plate** **7.95**
Our house falafels with Honestly hummus & chimichurri. Served with a green salad of local salad leaves, a light mustard dressing and pumpkin seed crunch.
Allergens: Mu, Se, Su

- Quiche of the Day** **8.95**
Today's special quiche (ask at the counter). Served with a green salad of local salad leaves, a light mustard dressing and pumpkin seed crunch.
Allergens: W, E, Mi, Mu, Su - check with server as these may change daily

CHICKEN WINGS & SNACKS

-  **Buffalo Wings** *Allergens: E, Mi*
Free-range chicken wings in a hot and spicy buffalo sauce, with Cashel Blue cheese dip.
10 wing / 20 wing
Small: 12.45 Large: 17.95
- Sweet & Sticky Wings** *Allergens: W, E, Se, So, Su*
Free-range chicken wings in a soy, sesame and apple glaze with garlic mayo.
10 wing / 20 wing
Small: 12.45 Large: 17.95

-  **Spiced Chicken Snack Box** **9.95**
Lightly spiced crispy free-range chicken pieces with fries and garlic mayo. *Allergens: Mi, E*

SALADS

Allergens: W, Mu, Se, Su

-  **Honestly Seasonal Salad Bowl** **12.95**
 Roasted Winter squash, pickled red cabbage, bulgur, kale & cranberry salad, Honestly hummus, house chimichurri, dressed local salad leaves, toasted pumpkin seed crunch.

Featuring salads & veggies grown on our organic farm & sourced from other Irish growers!

Top It Off

Enjoy your Honestly Salad Bowl on its own or add the following toppings!

-  **Falafel +3.50**
-  **Grilled or Crispy Chicken +3.50** *(Mi-Crispy)*
- Quiche of the Day +4.50** *(W, Mi, E - allergens change daily)*
-  **Organic Dexter Steak Strips +6.00**

HONESTLY SANDWICHES

Served 12pm to 4pm Daily



-  **Chicken & Mozzarella Ciabatta** *Allergens: W, E, Mi, Mu*
Free-range chicken, mozzarella, nut-free pesto, mayo, roasted mixed peppers, mixed leaves on a warm Carraig Rua organic ciabatta.

With Soup or Fries 13.95

-  **Ham and Cheese Toastie** *Allergens: W, B, Mi, Mu, Su*
Irish ham, Dubliners cheddar, Irish butter on Carraig Rua organic country sourdough with dressed leaves.

With Soup or Fries 12.95

-  **BLT** *Allergens: W, E, Mu*
Irish dry cure bacon, mayo, tomato, mixed leaves, Ballymaloe relish, on toasted Carraig Rua organic ciabatta.

With Soup or Fries 13.95

-  **Rainbow Wrap** *Allergens: W, Mu, Su, Se*
Hummus, roasted mixed peppers, pickled red cabbage, tomato & mixed leaves on a beetroot tortilla wrap.

With Soup or Fries 12.95

-  **Falafel Wrap** *Allergens: W, Mu, Su, Se*
Handmade falafel, hummus, pickled red cabbage & mixed local leaves on a beetroot tortilla wrap.

With Soup or Fries 13.95

- Garlic Chicken Salad Wrap** *Allergens: W, E, Mu*
Roast free-range chicken, garlic mayo, mixed local leaves, tomato on a white wrap.

With Soup or Fries 13.95

HONESTLY SPECIALS

-  **Dexter Steak Sandwich** **18.95** *Allergens: W, B, E, Mu*

Grilled Drumanilra Farm organic Dexter steak strips, garlic mayo, chimichurri, eaves, & caramelised onions on Carraig Rua organic french country sourdough. Served with Fries.

- Fish & Chips** **21.95** *Allergens: W, B, E, Fi, Mi, Su*

Haddock in our house batter, fries, homemade mushy peas and tartare sauce.

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, Mo = Molluscs

 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.

 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.

 Vegan

BURGERS

All Burgers are served with Fries!



BEEF BURGERS

Our beef burgers are kind of a big deal. Our beef is organic, pedigree, native breed, grass-fed Dexter beef from our own farm - Drumanilra Organic Farm - less than 40 minutes from here. Liam and his team raise our Dexter herd across 350 acres of organic pasture overlooking Lough Key and surrounding areas. Our beef burgers are single origin and 100% traceable to our farm. With very low food miles and more sustainable farming methods, we believe our beef is better for people and the planet. Read more about our farm and sustainability on our website.

-  **The Classic Dexter** *Allergens: W, E, Mi, Mu*
Organic Dexter beef burger, baby gem leaves, tomato, red onion, Ballymaloe relish & mayo on an organic Carraig Rua Brioche bun.
5oz burger 13.95 **10oz burger 17.95**

-  **Bacon & Cheese Burger** *Allergens: W, E, Mi, Mu*
Organic Dexter beef burger, baby gem leaves, tomato, red onion, Ballymaloe relish & mayo with dry cure bacon and Irish cheddar cheese on an organic Carraig Rua Brioche bun.
5oz burger 17.45 **10oz Burger 21.50**

CHICKEN BURGERS

-  **Buttermilk Chicken Burger** *Allergens: W, E, Mi, Mu*
Irish free-range crispy chicken thigh, baby gem leaves, on an organic Carraig Rua Brioche Bun. With garlic mayo or buffalo & blue cheese sauce.
Regular 15.95 **Double Burger 19.95**

MEAT FREE BURGERS

-  **Halloumi Burger** *Allergens: W, E, Mi, Mu*
Grilled Proper Dairy Company Irish halloumi cheese, nut-free pesto, mayo, caramelised onion, tomato, baby gem leaves, on an organic Carraig Rua Brioche Bun.
Regular 17.45 **Double Burger 21.50**

FRIES & BITES

-  **Regular Fries**  **4.50**
-  **Garlic Cheesy Fries** **5.50**
Allergens: Mi, E
-  **Blue Cheese & Caramelised Onion Fries** **6.50**
Allergens: Mi
-  **Buffalo & Blue Cheese Fries** **6.50**
Allergens: Mi, E
-  **Sweet Potato Fries**  **5.50**

-  **Honest Joe** *Allergens: W, E, Mi, Su, Ce, Mu*
Organic Dexter beef burger, baby gem leaves, tomato, caramelised onion, dry cure bacon, Irish cheddar cheese and Honestly Burger Sauce on an organic Carraig Rua Brioche bun
5oz burger 17.45 **10oz Burger 21.50**

-  **Cashel Blue Cheese & Caramelised Onion Burger** *Allergens: W, E, Mi, Mu*
Organic Dexter beef burger, baby gem leaves, tomato, mayo, topped with Cashel Blue Cheese and caramelised onion on an organic Carraig Rua Brioche bun
5oz burger 17.45 **10oz Burger 21.50**

BURGER MEAL DEAL!



Classic Dexter Burger

+ Fries & Soft Drink*
14.95

*Select soft drinks only



-  **Bombay Burger** *Allergens: W, Su, Mu, So*
 Delicious potato and chickpea burger spiced with onion, coriander and chilli, with pickled red cabbage, mango chutney, tomato and local mixed organic salad leaves on an organic Carraig Rua Sourdough Bun.
Regular 16.45

SIDES

-  **Chunky House Coleslaw** *Allergens: E, Su* **2.00**
Chunky cut vegetables in Hellmann's mayo.
-  **Green Salad** *Allergens: Mu, Su* **3.95**
 Fresh local salad leaves in a light mustard dressing and pumpkin seed crunch.
-  **Hummus** *Allergens: Se, Su* **2.00**
 Our homemade hummus made with organic chickpeas.
-  **Homemade Dips** *Allergens: E, Mi, Mu, Su, Ce* **2.00**
Garlic Mayo, Cashel Blue Cheese Dip, Chimichurri, Buffalo Sauce, Honest Joe Sauce. **1.75**

*Vegetables that are organic and grown on our organic farm are indicated on the menu. Where we need to supplement, we source as much organic and/or Irish produce as we can. This varies with the season and availability.

SWEET TREATS

All made in our own Carraig Rua Bakery with organic flour & local free-range eggs.

Belgian Chocolate Brownie Warm chocolate brownie served with luxury Paganini Irish Ice Cream. <i>Allergens: E, Mi, So</i>	7.95	Honestly Sundae Our house ice cream sundae with 3 scoops of luxury Irish ice cream, syrup & sprinkles! Choose Chocolate, Strawberry or Butterscotch! <i>Allergens: Mi, So</i>	7.50
Citrus Polenta Cake This warm cake has a lovely syrupy texture & is made without gluten! Served with luxury Paganini Irish ice cream. <i>Allergens: E, Mi, TN (Almonds)</i>	7.95	Vegan Blueberry Lemon Slice All vegan, made with fresh blueberries & lemon served with Booja Booja vanilla ice cream. <i>Allergens: W, So, TN (Cashews in ice cream. May contain other nuts.)</i>	8.50
Cookie & Ice Cream Our house-baked giant Chocolate Chip Cookie served warm with luxury Paganini Irish ice cream. <i>Allergens: W, E, Mi, So</i>	7.95	Raspberry Bakewell Tart Warm raspberry bakewell served with luxury Paganini Ice Cream. <i>Allergens: E, Mi, W, TN (Almonds)</i>	7.95
Sticky Toffee Cake Warm sticky toffee cake with caramel sauce & luxury Paganini Irish ice ream. <i>Allergens: W, E, Mi</i>	7.95	Affogato Scoop of vanilla ice cream with espresso coffee poured over. Don't want to be awake all night? Go decaf! <i>Allergens: Mi</i>	5.50
Carrot Cake Deliciously moist carrot cake with almond & cream cheese frosting served with whipped cream. <i>Allergens: W, E, Mi, TN (Almonds)</i>	6.95	Baked Cheese Cake Chocolate & Vanilla Baked Cheese Cake served with whipped cream. <i>Allergens: W, E, Mi, So</i>	6.95

COLD DRINKS

Try our Range of Additive Free Smoothies, Milkshakes, Soft Drinks & Juices.

SMOOTHIES

Just real fruit & veg. Nothing else.

 Kale Kick Mango, Drumanilra organic kale, banana, apple juice	5.90
 Berry Go Round Blueberries, redcurrants, raspberries, strawberries, blackberry, banana, apple juice	5.90
 Tropical Zest <i>Allergens: Su</i> Pineapple, mango, kiwi, lime juice, banana, apple juice	5.90

MILKSHAKES

with organic Irish milk, real dairy Irish ice cream & whipped cream!

Chocolate***	5.90
Vanilla*	5.90
Strawberry*	5.90

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



NO JUNK SOFT DRINKS

King of Kefir Sparkling Drinks Irish made sparkling kefir drinks	3.75
Selection of Organic Kombuchas Irish Organic Sencha Tea Kombucha (various flavours)	4.50
Sisu Juices Award Winning Cold Pressed Irish Juices	4.50
DP Connolly & Sons Irish Juices	3.50
Cawstons Juice Cartons All natural kids' juice cartons - no added sugar.	2.50
The Irish Craft Soda Company	2.95

~We offer a 20c discount on takeaway coffee if you bring your own cup.

~Did you know you can refill your water bottle at our water station?

~Deposit Return Scheme charges are included on canned and bottled drinks

CLASSIC SOFT DRINKS

Coke / Coke Zero Bottle	3.50
San Pellegrino	2.85
Selection of flavours	
Bottled Water (Still or Sparkling)	2.75

Add Protein Powder €0.95 to any Shake or Smoothie!

Add Acai to any €0.95 Smoothie!

Ask your server for allergens.

COFFEE

Choose our Lounge Blend or Organic Temptation Blend +40c

Americano	3.70
Cappuccino*	4.20
Latte*	4.20
Flat White*	3.85
Espresso	2.80
Double Espresso	3.20

TEA

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

Organic Breakfast Tea	3.10
Earl Grey	3.60
Green Tea	3.60
Chamomile	3.60
Peppermint	3.60
Nettle	3.60
Pukka Love	3.60
Rooibos	3.60
Lemon & Ginger	3.60

HOT DRINKS

Hot Chocolate***	4.50
Chai Latte*	4.30
Dirty Chai Latte*	4.95

Add vanilla, caramel, hazelnut**, gingerbread or pumpkin spice +50c.

 Organic Oat, Soya, Coconut, Hazelnut, Almond +50c.

Allergens: O, So, TN

Our coffee is locally roasted for us by Artessa Coffee in Carrick-on-Shannon - pick up a pack in our Farm Shop! We use organic milk from Organic For Us in Co. Donegal in all our hot drinks.



Our Dexter beef is fully organic, high welfare and slow reared on our own farm 40 minutes away



Our chicken and pork is high welfare, from Irish farmers



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



Our organic salad leaves and lots of our veg are from our own farm on the shores of Lough Key



Our breads, burger buns and desserts are made with organic flour & baked in our own bakery, Carrraig Rua, in Carrick-on-Shannon.

Honestly

Farm Kitchen

AUTUMN MENU

— ARTISAN BAKERY —

CARRAIG
RUA

DRUMANILRA
ORGANIC FARM

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 is our bakery in Carrick-on-Shannon. Here our dedicated team produce cakes, pastries and fresh organic breads, 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 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.

STAY IN TOUCH - HONESTLY KITCHEN

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