

shells

BREAKFAST SERVED 9AM-12PM

LUXURY BIRCHER (V) 7.00
Stewed apple and almond bircher muesli with thick greek yoghurt toasted almonds & high bank orchard syrup

BREAKFAST BUDDHA BOWL (V) 8.80
Black rice buddha bowl in coconut milk, lime & ginger honey served with house granola and fruit

PORK BELLY BRUNCH PAN 13.50
Maple pork belly, house made beans & a fried egg topped with creme fraiche & toast soldiers

AVO TOAST (V) 13.00
Crushed avocado, poached eggs, green tahini dressing, rocket & pumpkin seed dukha
Make me Vegan 12.00

BERYLS BAP 9.00
Bacon, fried egg & apple chutney

THE SIMPLE 9.50
Two eggs (poached), two bacon, two toast

BANANA BREAD DELUXE (V) 9.00
Toasted banana bread with crushed toasted nuts and honey mascarpone

CHILLI EGGS 13.00
Chorizo sausage, spicy pomodoro, fried eggs in a herby chermoula sauce on harissa toast

M.O.T (V) 13.00
Mushrooms on toast with butterbean favetta, poached eggs, dukha & green oil
Make me Vegan 12.00

VEGAN BEANS & SOLDIERS (VG) 13.00
With pumkin seed dukha, chermoula sauce & vegan pudding

EGGS ROYALE 13.00
Shells toast bread topped with Woodville farm poached eggs, Irish smoked salmon and our house hollandaise

EGGS BENNY 12.00
Shells toast bread topped with Woodville farm poached eggs, home baked Irish ham and our infamous house hollandaise.

THE FULL HOUSE 13.50
House buttered toast, bacon, sausage, fried egg, house-made beans, pudding & fried tomato

VEGGIE FULL HOUSE (V) 13.50
House buttered toast, house-made beans, fried eggs, spinach, roast pepper, halloumi & tomato

BIG SAUSAGE SAMBO 9.50
With house made tomato and ginger jam on fresh house baked doorstep bread

BREAKFAST SIDES

EGGS 3.50
Poached/Fried

BACON SAUSAGES 3.50

Toast (Brown/White) & Shells jam 3.50

AVOCADO 3.50

HALLOUMI 3.50

HOUSE MADE BEANS 3.50

VEGAN PUDDING 3.00

KIDS BREAKFAST

BABY BUDDHA BOWL 5.50
Coconut black rice topped with fresh fruit & house granola

CHOCOLATE TOAST 6.50
Chocolate hazelnut toast with fresh banana (no palm oil here ;-)

SAUSAGE SAMBO 6.50
Pork sausages & ketchup on fresh house baked bread

MINI AVO TOAST 7.50
Crushed avocado, poached eggs, green tahini dressing, rocket & pumpkin seed dukha

DRINKS

AMERICANO 3.00
CAPPUCCINO 3.40

LATTE 3.40

FLAT WHITE 3.40

MOCHA 3.40

VIETNAMESE 3.40

MACCHIATO 3.00

CORTADO 3.00

MATCHA LATTE 3.40

ESPRESSO 2.50

DOUBLE ESPRESSO 3.00

ORGANIC HOT CHOCOLATE 3.40

Add fresh cream and marshmallows +0.50

TEA 3.00

HERBAL TEA 3.00

CHAI LATTE 3.40

MINI HOT CHOCOLATE 2.50

With marshmallows

BABYCINO 2.00

PUPACINO (Woof Woof) 2.00

Alt Milk +0.40

Add Syrup +0.40

COLD & REFRESHING

FRESH ORANGE JUICE 4.00

CARROWGARRY FARM APPLE JUICE 4.00

SUMMER LOVE SMOOTHIE 4.50

Strawberry, yoghurt, banana & fresh apple juice

GREEN MACHINE 4.50

Fresh spinach, nuts, banana, coconut milk & honey

HOMEMADE LEMONADE 4.00

SOFT DRINKS 2.90

GINGER BEER 4.00

ICED LATTE 3.40

ICED AMERICANO 3.00

KIDS' MINI APPLE JUICE POUCH 2.00

OUR SUPPLIERS

All our meat is Farm to Fork from Burns Meats Sligo

Our eggs are from the wonderful Woodville Farm

All our breads and pastries are made in house daily

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LUNCH SERVED 12PM-6PM

SOUP OF THE DAY 5.80

Served with our fresh brown soda bread

MINI SOUP 4.30

CHICKEN & BACON SALAD 13.50

With lashings of fresh parmesan & a creamy house dressing. Served with our homemade brown bread

KOREAN CRISPY CHICKEN 13.50

Asian slaw with roast sesame dressing and "Kewpie" mayonnaise

SHELLS PICNIC PLATE 15.00

Indulge in our cured meats, farm-fresh hen's egg, creamy Delice de Bourgogne cheese, a crisp whole pickle, and homemade brown soda bread with our signature chutney. The ultimate Summer lunch!

FARM SALAD 13.50

Changes with the seasons. We work with local farmers to create a seasonal salad served with our house brown soda bread

FLAT BREAD SALADS 14.50

- **ROAST LAMB** open flat bread, with barrel aged feta & house made tatziki

- **SWEET POTATO FALAFEL (VG)** with hummus, green goddess dressing and house made pickles

LUNCH SIDES

BROWN SODA BREAD & BUTTER 3.00

CRISPY ROAST POTATOES 5.50

With basil mayo & parmesan

FRESH CUT CHIPS & dip 4.50

SIDE SALAD 4.00

DIPS: Basil mayo, lemon mayo, garlic mayo, chutney 2.00

SANDWICHES

Made with thick sliced house baked bread and a simple side salad

ROAST CHICKEN 9.90

Basil mayo, roasted red peppers, local leaf

GRILLED HALLOUMI (V) 9.90

Basil mayo, roasted red peppers, local leaves

BLT 9.90

Known to be the best in the West for over 13 years, my personal favourite

HCP 9.90

Back by popular demand. Homebaked ham, Irish cheddar and pineapple chilli chutney toasty

BRIE, BACON & CRANBERRY MELT 9.90

Creamy Brie from Tipp, with our dry cured bacon & sweet cranberry relish

OPEN SALMON ON BROWN 13.00

Irish Smoked Salmon on brown bread with dill cream cheese, lemon salt & pickled cucumber salad

AVO WRAP (VG) 12.50

Eat a rainbow - wrap packed with fresh avo, hummus, thinly sliced veg, farm leaves and pickles

MAINS

BIG BEEF BURGER 17.00

Burns local beef, cheese, bacon, pickle & house made burger sauce with a splash of roast garlic mayo. Served with twice cooked chips

CHICKEN BURGER 17.00

Lemon & Rosemary Chicken, basil mayo, Irish Cheddar served with chips

SHELLS' FISH AND CHIPS 17.00

Simply done with our signature light batter, and served with sea salt & lemon mayonnaise

CALAMARI AND CHIPS 17.00

Crispy calamari with smoked paprika salt, lemon mayo & a side of chermoula sauce & local farm leaves

SEABASS PLATE 18.00

Pan fried with lemon capers and parsley butter, crispy potatoes, celeriac remoulade and a light salad

VEGAN DIRTY FRIES 15.50

Fries with Chili sin carne, guac, vegan mayo & fresh tomato salsa

KIDS LUNCH

CHEESE TOASTIE 6.50

Melted cheddar cheese toastie

SHARKY FISH & CHIPS 8.50

Kids sized fish & chips

CALAMARI & CHIPS 8.50

PORKY SAUSAGE & CHIPS 8.50

Gluten free pork sausages served with chips

ROAST CHICKEN BAP 6.50

COWBOY BURGER 8.50

Home made beef burger with chips

GRAZING PLATE 8.00

Toast fingers, cucumber, ham or cheese, and avocado

WINES & BEER

All our wines are bio-dynamic, natural and sourced from boutique vineyards.

WHITE GL/BTL

ROCHER DE LA REPUBLIQUE BLANC 7.00/30

Val de Pins, Pays D'Oc Sauvignon Blanc & Viognier

A light, refreshing blend with notes of elderflower, currants and hints of tropical fruit

RED 7.00/30

LES OLIVIERS, LES VIGNERONS 7.00/30

D'estezargues Côte du Rhône Syrah, Grenache & Cinsault Ripe black berries, velvety tannins and a lovely acidity with hints of black currants

ROSE 7.00/30

ROCHER DE LA REPUBLIQUE ROSE 7.00/30

Val de Pins, Pays D'Oc

Perfect for the warm summer sun, a beautiful blend with notes of strawberries, ripe cherries and green apples

BEERS

All our beers are from local brewery, White Hag

LITTLE FAWN IPA (4.2%) 4.50

Easy drinking, balanced lush Irish malt

NINTH WAVE PALE ALE (5.4%) 4.50

Balanced hoppy ale with a fruity presence

All 14 allergens are openly used throughout our kitchen. Trace amounts may be present at all stages of cooking. For more information please request to view our allergens folder. We are proud to only offer Irish Meat on our Menu.