		EGGS BENNY		DRINKS		
shells		Shells toast bread topped with woodville farm poached eggs, home baked Irish Ham and our		AMERICANO		
		infamous hollandaise sauce.		CAPPUCCINO		
BREAKFAST			47.00			
SERVED 9AM-12PM		THE FULL HOUSE House buttered toast, bacon, sausage,fried egg,	13.00	FLAT WHITE		
OAT MILK PORRIDGE	7.00	beans, pudding & fried tomato	nomemade	MOCHA		
With poached winter fruit, chai spiced	7.00			VIETNAMESE MACCHIATO		
honey & granola crunch		VEGGIE FULL HOUSE House buttered toast, homemade beans, fried e	13.00	CORTADO		
	7.50	roast pepper, haloumi & tomoato	gg, spinach,	MATCHA LATTE		
CUP OF PORRIDGE & TOAST With plum syrup & toast with home made jam,	7.50			ESPRESSO		
the perfect start		BIG SAUSAGE SAMBO	9.50	DOUBLE ESPRESSO		
		With house made tomato and ginger jam on fresh house baked doorstop bread		ORGANIC HOT CHOCOLATE		
BREAKFAST BUDDHA BOWL	8.80	BREAKFAST SIDES		Add fresh cream and marshmallows		
Black rice buddha bowl in coconut milk, lime & ginger honey served with house				TEA		
granola and fruit		EGGS Poached/fried	3.50	HERBAL TEA		
		BACON	3.50	CHAI LATTE		
THE BOXTY	12.50	SAUSAGE	3.50	MINI HOT CHOCOLATE With marshmallows		
Potato cake with Irish smoked salmon, dill creme fraiche & caviar		Toast (Brown/White) and jam	4.50	BABYCINO		
		AVOCADO	3.50	PUPACINO (Woof Woof)		
'CILBIR" TURKISH EGGS	12.00	HALLOUMI	3.50			
Spiced yoghurt, toasted sesame, paprika oil with Shells toast bread		BOSTON BEANS	3.50	Alt Milk Add Syrup		
Add Sausage	3.50	KIDS BREAKFAST				
	17.00	BABY BUDDHA BOWL	5.50		NG	
PORK BELLY BRUNCH PAN Maple pork belly, boston baked beans	13.00	Coconut black rice topped				
& fried egg topped with creme fraiche		with fruit & house granola		FRESH ORANGE JUICE	4	
		CHOCOLATE TOAST	6.50	SUMMER LOVE SMOOTHIE	4	
AVO TOAST	13.00	Chocolate hazelnut toast with fresh		Strawberry, yoghurt, banana & fresh apple juice		
Crushed avocado, poached eggs, green tahini dressing, rocket, pumpkin seed dukha		banana (no palm oil here ;-))		GREEN MACHINE	4	
Make me Vegan	12.00	SAUSAGE SAMBO	6.50	Fresh spinach, nuts, banana,		
DEDVIC DAD	0.00	Pork sausages, ketchup		coconut milk & honey HOMEMADE LEMONADE		
BERYLS BAP Bacon, Fried egg & apple chutney	9.00	on fresh house baked bread		SOFT DRINKS	4	
		MINI AVO TOAST	6.50			
THE SIMPLE	9.50	Crushed avocado, poached eggs, green		GINGER BEER	4	
Two eggs (poached), two bacon, two toast		tahini dressing, rocket, pumpkin seed dukha			3	
BANANA BREAD DELUXE	9.00	OUR SUPPLIERS			3	
Toasted banana bread with crushed toasted nuts and honey mascarpone		All our meat is Farm to Fork from Burns Meats Sligo		KIDS' MINI APPLE JUICE POUCH	2	
		Our eggs are from the wonderful Woodville F All our breads and pastries are made in house		*Oluton free entire surlishing		
			ually	*Gluten free options available		

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shells		BRIE, BACON & CRANBERRY MELT Creamy Brie from Tipp, with our dry cured bacon & cranberry relish	9.90 sweet	KIDS LUNCH CHEESE TOASTIE Melted cheddar cheese toastie	6.50
LUNCH SERVED 12PM-6PM		DOUBLE CHEESE MELT Strong cheddar, mozzarella & our house made red onion marmalade.	9.90	SHARKY FISH & CHIPS Kids sized fish & chips	8.00
SOUP OF THE DAY Served with our fresh brown soda bread	5.80	Add HAM	2.50	PORKY SAUSAGE & CHIPS Gluten free pork sausages Served with chips	8.00
MINI SOUP	4.30	CAPE MALAY FLATBREAD (V)	10.50	ROAST CHICKEN BAP	6.50
CHICKEN NOODLE SOUP Winter healer made with bone broth	9.50	Roast squash masala with spinach & pumpkin seed w couscous on flatbread MAINS	with	COWBOY BURGER Home made lamb burger with chips	8.50
CHICKEN & BACON SALAD With lashings of fresh parmesean & a creamy house dressing. Served with our homemade	13.00	LOCAL LAMB BURGER With confit garlic mayo, rocket & red onion marmala	16.00 ade,	GRAZING PLATE Toast fingers, cucumber, Ham or Cheese, and	7.50 avocado
brown bread		served with twice cooked chips		BO' PEEP LAMB STEW	8.50
CAULIFLOWER & CHICKPEA SALAD (V) Roast Cauliflower and chickpea with a curry spiced tahini dressing with fresh leaves and pickles (vegan)	13.00	TACOS DE CASTACÁN. PORK BELLY TACOS Two soft tacos, coriander lime dressing, pickled onions, slow cooked pork belly served with chips	15.00	MINES, BEER & FIZ All our wines are bio-dynamic, natural and sou from boutique vineyards.	
LOCAL FARM BOWL (V) Kale & cranberry winter slaw with sprouting broccoli purple cabbage, toasted seeds & nuts, topped with & ginger tahini dressing. Served with warm flatbread	a maple	VEGAN TACOS (V) Two soft tacos, coriander lime dressing, pickled onions, roast cauliflower & chickpea served with spiced chips (vegan)	15.00	CHENIN BLANC VIOGNIER Western Cape A vibrant little white with fresh fruit flavour	GL/B 7.00/3
OPEN SALMON ON BROWN Irish Smoked Salmon on brown bread with	13.00	SHELLS' FISH AND CHIPS Simply done with our signature light batter, and served with sea salt & lemon mayonnaise	16.00	and hints of guava. CHATEAU DU CEDRE MARCEL MALBEC Cahors	7.00/3
dill cream cheese, lemon salt & pickled cucumber salad		CHICKEN BURGER Lemon & Rosemary Chicken, basil mayo, Irish Chedo served with chips	16.00 dar	This 100% Malbec shows punchy fruit flavours – cherry, prune – the palate is round, yet fresh, cherry, red berries- clean and satisfying ending.	
SANDWICHES Made with thick sliced house baked bread and a simple side salad		CLASSIC IRISH LAMB STEW With parsley oil, smoked tomato butter and house	16.00	BEERS All our beers are from local brewery, White	Hag
BLT Known to be the best in the West for over	9.90	baked bread for dunkin'.		LITTLE FAWN IPA (4.2%) Easy drinking, balanced lush Irish malt	4.50
13 years, my personal favourite		LUNCH SIDES		NINTH WAVE PALE ALE (5.4%)	4.50
ROAST CHICKEN Basil mayo, roasted red peppers, baby leaf	9.90	BROWN SODA BREAD & BUTTER	2.50	Balanced hoppy ale with a fruity presence	
HALLOUMI	9.90	CRISPY ROAST POTATOES With basil mayo & parmesan	5.50		
Toasted halloumi, basil mayo, roasted red peppers	1.70	FRESH CUT CHIPS	4.00	All 14 allergens are openly used throughout our kitcher Trace amounts may be present at all stages of cooking.	
and baby leaves		SIDE SALAD	4.00	For more information please request to view our allerg	
and baby leaves					ens fol

