| | | 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 |

