# life Bite Menu, Served from 12.00

### Classic BLT Baguette, €9.95

Traditional Baguette. filled with garlic mayo, grilled bacon, tomato & lettuce + house salad jar 1,3,5,6,7,8,10

#### Traditional Ham & Cheese Baguette, €9.95

Hot, crusty Baguette. filled with thick cut ham and Emmental Cheese + house salad jar 1,3,5,6,7,8

#### Summer Salad Bowl, €8.95

A rainbow salad of seasonal veg, curried quinoa & our house chilli-lime dressing Add Chicken or Ham +€2 8,9

#### Chicken Caesar Wrap, €9.95

Soft white wrap stuffed with baby-gem lettuce, grilled chicken, bacon, parmesan shavings & classic Caesar dressing + house salad jar 1,3,4,7

#### Chicken Burrito Wrap, €9.95

Toasted white tortilla wrap stuffed with teriyaki chicken, cheese and spiced rice + tortilla chips 1,7

#### Feta & Spicy Avocado Wrap, €9.95

Soft white wrap, loaded with creamy feta, cherry tomato, spicy smashed avocado, honey & rocket + house salad jar 1,7

## Curried Quinoa Wrap. €9.95

Sweet Potato Wrap, stuffed with a curried quinoa salad, spicy avocado, rocket & cherry tomato + salad jar 9





<b>Hot Drinks</b>		Chilled Drinks	
Espresso	€2.70	Water Still/Sparkling	€2.60
Americano	€3.35	Coke, San Pellegrino	€2.65
Cappuccino	€3.55	Fruit-juice, Capri Sun	€1.55
Latte	€3.55		
Flat White	€3.45	Extras	
Mocha	€3.70	Milks: Oat, Soya, Almond	€0.55
Chai Latte	€3.70	Sugarfree Flavour Syrups	€0.55
Tea	€2.50	Extra Double Shot Coffee	€0.65

All coffee's are double shot as standard

# Cool Down with our Iced Specials, Coffee's & Frappés

Straight-Up Fresh brew americano over whole ice, €3.75

Latte-Licious Iced Latte, just how you like it, choose milk & flavour, €4.75

Milks: Regular, Soya, Oat, Almond Flavours: Vanilla, Hazelnut, Salted Caramel,

Caramelito Caramel infused frappé, topped with fresh cream, salted-caramel

drizzle & choc shavings, €5.15

Whiskey Frappe Cool Irish Whiskey frappé, with a hint of maple, topped with

whipped cream & maple syrup, €7.25 (18+)

Iced Baileys A light Baileys Latte over ice, perfect Irish creamy caffeine combo, €7.25 (8)

Iced Lemon Tea Totally Refreshing Iced Black tea, with lemon & lemongrass, €3.50

**Pink Lemonade** Organic Sparkling lemonade made with a hint of raspberry, €3.50

Smoothies Pineapple, Mango & Passionfruit, €4.50

Strawberry & banana, €4.50 Spinach, Kale & Mango, €4.50

# Some like it Hot! Signature Hot Drinks

Hot Chocolate Hot Chocolate topped with whipped cream, marshmallows,

chocolate sauce & curls, €4.15

Baileys Bliss Lush Baileys latte, whipped cream & chocolate curls, €7.25 ®

Irish Coffee Traditional Whiskey Coffee topped whipped cream, €7.25 ®

# All Day Breakfast Bites

# Crusty Bacon Roll, €6.50

White sourdough baguette, filled with thick-cut Irish bacon

# Overnight Oats, €4.95

Rolled oats with chia & vanilla, topped with yogurt & fruit

1.7

Irish Pork Sausage Roll, with tomato relish, €4.95

1,3,10,12

Toasted Ham & Cheese Croissant, €4.95

1,3,5,6,7,8

Daily selection

of fresh baked scones, muffins and pastries

