

THE COFFEE BAR

Soup of the day, Home-made Brown Scone (1- WHEAT, 3, 9, 7)	€6.00
Home-Made Seafood Chowder, Home-made Brown Scone (1-WHEAT, 3, 4, 7, 9)	€8.50
H&J Salad Bowl Choose From: Falafel (I-Wheat, IO, II) or Chicken (IO, II)	€14.50
Savoury Cheese & Thyme Scone (1- WHEAT, 3, 7)	€2.80
Cooleeney Brie, Ham & Leek Savoury Tartlet Served with Seasonal Salads (1-WHEAT, 3, 7, 10, 11)	€13.00
The Butchers Daughters Sausage Roll with Inch House Black Pudding Served with Seasonal Salads (1-WHEAT, 10, 11, 12)	€9.50
Spinach Strudel Served with Seasonal Salads (1-WHEAT, 3, 7, 10, 11)	€9.50
Open Ballycotton Smoked Salmon, Cream Cheese, Salsa Verde on Soda Bread Served with Seasonal Salads (1-WHEAT, 3, 4, 7, 10)	€12.50
Chicken & Stuffing Sandwich, Ballymaloe Cranberry Served with Carrot & Salad (1- WHEAT, 3, 7, 6, 10)	€7.50

BRUNCH BITES

Home-Made Pecan Granola Bowl	€6.50
Haye's Farm Yoghurt, Berry Compote & Fresh Fruit (1 - OATS, 6, 7, 8- PECAN, CASHEW)	
Overnight Oats	€6.00
Chia Seeds, Nutshed Peanut Butter, The Apple Farm's Apple Juice, Fresh Fruit & Granola (1-OATS, 5-PEANUTS, 8-CASHEWS, PECANS, 12)	
Home-Made Fruit Scone	€3.90
Crossogue Raspberry Jam, Whipped Cream (1- WHEAT, 3, 6, 7, 12)	
Fresh Fruit Salad, Whipped Cream	€5.50
+ Ice Cream (€6.50)	

DRINK SPECIALS

Solaris Herbal Tea	€3.50
Choose from: Green Tea, Peppermint, Earl Grey, Chamomile	
Vanilla / Spiced Chai Latte	3.80 / 4.50
(7)	
O Connail's Hot Chocolate	€4.40
Milk & Dark (6, 7)	
Kids Hot Chocolate	€3.00
with Marshmallows (6, 7)	
Iced Tea	€3.00
Choose from: Peach or Lemon	
+ Milk Alternatives	€0.60
Almond Milk (8) Soya Milk (6) Oat Milk (I- Oats)	
+ Flavour	€0.60
Vanilla, Caramel, Hazelnut	

**Please See the Counter for Today's Selection
of Freshly Baked Cakes & Pastries**

ALLERGENS: (1)CEREALS - GLUTEN (2)CRUSTACEAN (3)EGGS
(4)FISH (5)PEANUTS (6)SOYABEANS (7)MILK (8)NUTS (9)CELERY
(10)MUSTARD (11)SESAME SEEDS (12)SULPHUR DIOXIDE
(13)LUPIN (14)MOLLUSCS