

BREAKFAST 07.30 - 11.30

Porridge 5
Organic Irish gluten free oats, finished with oat milk and topped with Irish rhubarb, banana, toasted seeds and toasted almonds *(vegan)*

Yoghurt Bowl 5.9
Creamy Irish yoghurt swirled with crushed blueberries, topped with bananas, almonds, goji berry granola and bee pollen *(vegetarian)*

Vanilla Ricotta Toast with Apple and Banana 7.5
Toonsbridge Irish ricotta infused with vanilla topped with lightly stewed apples and banana with a hint of nutmeg, topped with roasted caramelised walnuts *(vegetarian)*

As One Hash Up 11.5
Pan-fried Irish purple, violetta and pink fir potatoes with chorizo and scallions, topped with 2 poached eggs

Organic Poached or Scrambled Eggs 6.5
Served with LeLevain Sourdough

ADD ON'S

Protein	Veg	Good Fats
Organic Egg	2 Seasonal Greens	4 Feta 3.5
Miso Glazed Tofu	4 Potato Roasties	4 Olives 3
Chorizo Real Olive	3.5 Mushrooms	3 Toonsbridge Halloumi 3.5
Smoked Salmon	4 Marinated Kale	3 Pan Roasted Almonds 3
Organic Chicken	4 Asparagus	3.5 Edamame 4

ALL DAY BRUNCH

Harissa Fried Eggs with Yogurt and Dill 11.5
Served on home-made flatbread topped with Toonsbridge feta and biotic yogurt

Mushrooms on Toast 9.5
Irish shiitake, oyster and chestnut mushrooms with crumbled black pudding on an edamame and spinach pesto, sprinkled with Irish chervil *(omit black pudding for vegan option)*

Kimchi Pancakes 9.5
Asparagus, spring onion with sesame chili dressing and garlic mayo

Steak and Eggs 13.5
Rare Irish rump steak with an almond crust, served with pan-fried potatoes, 2 poached eggs, sauerkraut and spinach

Slow Roasted Shoulder of Lamb on Flatbread 11
Grilled smokey aubergine, tomato and chickpeas with minted Irish yogurt on house-made flat bread

Add a choice of protein/veg/good fats/sides to your dish

SIDES

Flatbread and Dips 6
House-made flatbread served with 'as one' hummus and fermented green chilli dip *(vegan)*

Halloumi and Aubergine 6
Toonsbridge halloumi wrapped in grilled aubergine and served with a fermented chilli sauce *(vegetarian)*

LUNCH 12-15.30

Soup of the day *(please ask server for details)* 6.5
Served with Le Levain Sourdough

Irish Mushroom and Miso Broth 10
Irish mushrooms and greens, radish, wild garlic and silken tofu, soba noodles and seaweed salt

Beef Bone Broth with Rare Sliced Beef 11
With rare beef, salt baked kohlrabi, soba noodles, chard & pickled red onions

Chicken and Slaw in Biotic Mayo & Yogurt Dressing 9.5
Organic Irish chicken, celery, apple, horseradish and baby kale with biotic mayo and Irish yogurt dressing

Beef Rigatoni 13.5
Beef chuck slow cooked in red wine, green olives, roasted walnuts, Parmigiano Reggiano and wild garlic, drizzled with basil and cashew pesto

Fish Special
(please ask server for details)

Salad Plate
Choice of 3 salads *(Please ask your server for details)*

SANDWICHES

Chicken & Slaw in Biotic Mayo 6.9
Organic Irish chicken, biotic Mayo, green pea hummus and red onion

Beef Kimchi 6.9
Beef Brisket, kimchi, biotic mayo and rocket leaves

Roast Veg and Ricotta 6.5
Grilled aubergine and courgette, Toonsbridge ricotta and rocket

Hot Meat Special 7.5
(please ask server for details)