

# AMPERSAND

## ALL DAY MENU

### BREAKFAST

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**Organic Porridge: (V) €4.95**

Seasonal fruit, flaked almonds & honey (made with low fat milk or on request soy/almond, coconut or oat) + **€0.65**

**Homemade Granola Pot: (V) €4.95**

Nut granola, golden raisins & cranberries with natural yoghurt, topped with banana, & sweet berry compote

**Scrambled Egg: (V) €5.95**

Scrambled egg & toast

- **add sausage €2.00**

- **add bacon €2.00**

**Breakfast Bap: €6.95**

Farm reared sausages, Irish bacon & black pudding on a toasted Waterford blaa with seasonal tomato relish

- **add scrambled egg €1.50**

**The Peanut: (V) €5.50**

Peanut butter & sliced banana, drizzled with organic honey on toasted sourdough

### SOUP

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**Today's Soup: (V) €4.95**

Homemade soup of the day, served with honey & pumpkin seed wheaten loaf

### FRESH BAKERY

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Homemade scone of the day	€2.95
Muffin of the day	€2.95
Lemon drizzle square zest icing	€3.70
Chocolate brownie square	€3.95
Rocky road square	€3.70
Cake special of the day	€4.95
Banana bread portion	€3.95
Kiddies cookie	€2.50
Oatmeal & raisin cookie	€2.50
Red velvet cookie	€2.50
Nutella cookie	€2.50

### LUNCH

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Gluten free options available please ask your server

**Chicken BLT: €6.95**

Roast chicken, Irish bacon, romaine lettuce, beef tomato & roast garlic mayo on a blaa, served with crisps

- **add cup of soup €2.00**

**Toasted Special: €6.50**

*(Vegetarian option available €5.95)*

Limerick ham, three cheese blend, red onion & beef tomato, served with crisps

- **add cup of soup €2.00**

**Chicken Burrito: €6.95**

Irish chicken breast, Franks hot sauce, roasted red peppers & signature cheese blend in a burrito, served with crisps

- **add cup of soup €2.00**

**Wrap Special: €6.50**

Wrap of the day, served with crisps. Please ask your server

- **add cup of soup €2.00**

**Chicken Caesar Salad: €8.50**

Caesar salad, warm smoked bacon lardons, romaine lettuce, sourdough croutons & parmesan

### HOT BEVERAGES

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Americano	€2.80
Cappuccino	€3.00
Single Espresso	€2.50
Double Espresso	€2.80
Latte	€3.00
Chai Latte	€3.20
Flat White	€3.00
Macchiato	€3.00
Mocha	€3.20
Hot Chocolate	€3.20
Irish Breakfast Tea	€2.50
Irish Afternoon Tea	€2.50
Flavour	€0.50
Extra Shot	€0.65
Non Dairy	€0.30