

## HEALTHY BREAKFAST

**Homemade Granola:** (V) SERVED UNTIL 12PM €6.95  
Nut granola, golden raisins & cranberries with a choice of yoghurt; plain/strawberry or coconut, topped with banana, blueberries & seasonal berry compote

**Organic Porridge | G.F Porridge:** (V) SERVED UNTIL 12PM €5.95  
Rolled porridge oats with seasonal berries & drizzled with organic honey (made with low fat milk or on request soy/almond, coconut or oat) + €0.65 / Add homemade granola €1.50 / Add banana + €1.50

## BREAKFAST CLASSICS

**Farmers Fair:** €11.50  
Farm reared sausages, crispy Irish bacon, black & white pudding, H&L beans, grilled mushrooms, hash brown, fried egg & toast

**Mini Farmers Fair:** €9.50  
Farm reared sausage, crispy Irish bacon, black & white pudding, confit tomato, fried egg & toast

**The Ampersand:** (V) SERVED UNTIL 12PM €10.95  
Toasted English muffin, beet hummus, mashed avocado, poached eggs, vine tomatoes, hollandaise sauce & chilli flakes  
- Add crispy Irish bacon + €3.00

**Piggy In The Middle:** €9.95  
Farm reared sausages, fried egg, bacon & black pudding, on a toasted Waterford blaa with seasonal tomato relish

**Veggie Breakfast:** (V) €9.95  
Homemade hash brown, grilled mushrooms, tomatoes, spinach, fried egg & toast

**Perfectly Poached:** (V) SERVED UNTIL 12PM €11.95  
Served on two toasted English muffins, finished with poached eggs & homemade dill hollandaise sauce  
**Florentine - Benedict**

**Breakfast Burrito:** €10.95  
Free range scrambled egg, crispy Irish bacon, farm reared sausage, black pudding & house tomato relish with vine tomatoes  
- Add hash brown portion + €3.00

**Eggs on Toast:** (V) €7.95  
Organic Eggs scrambled or fried on sourdough toast  
- Add crispy Irish Bacon + €3.00

## WAFFLES & MORE

**Belgian Waffles:** (V) €10.95  
Fluffy waffles with butterscotch mascarpone cream, topped with berry compote & drizzled with organic honey  
- Add crispy Irish bacon + €3.00

**French Toast:** (V) €10.95  
Arbutus bakery brioche, drenched in Canadian maple syrup, layered in honey mascarpone cream & topped with seasonal berries  
- Add crispy Irish bacon + €3.00

### Did you know?

Hook & Ladder is available for ALL corporate, private hire & special occasion events. We also offer outside catering from our kitchen to your table!



### WE PROUDLY SERVE products from:

St.Tola Goats Cheese, Inagh, Co. Clare

Walshes Bakehouse, Co. Waterford

Arbutus Bakery, Co. Cork

Noel O'Connor, Local Butcher, Limerick

Enda Ahearne, Local Butcher, Limerick

C.S Fish, Doonbeg, Co. Clare

Our Daily Bread, Limerick

Twomey's Bakery, Co. Limerick

Knockanore Farmhouse, Co. Waterford



Please be patient with us through busy periods and allow 15-20 minutes as each dish is prepared and cooked fresh to order. Variances on dishes will also increase wait time.



Should you have any special dietary requirements, please ask one of our friendly staff for assistance



We are unable to spilt bills on tables over 6



Vegetarian

SHARE THE LOVE  
SNAP  
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HOOK & LADDER

SERVED FROM 12PM

## SANDWICHES

Served with house side salad

**Italian Caprese Bruschetta:** (V) €10.95  
Garlic sourdough bruschetta, basil pesto, semi sun-dried & cherry tomatoes, topped with buffalo mozzarella or St. Tola goats cheese & balsamic glaze

**Station Toastie:** €8.95  
Home cooked Limerick ham, signature cheese blend, beef tomato & red onion on toasted sourdough

**Chicken BLT:** €9.95  
Grilled Irish chicken breast, crispy Irish bacon, romaine lettuce, beef tomato & roast garlic mayo on a blaa

**Hot Flame Chicken:** €10.95  
Cajun spiced Irish chicken on toasted sourdough with avocado smash, peppered rocket & sriracha mayo

**Slow & Low BBQ Pork:** €10.95  
Slow cooked pork, BBQ sauce, house slaw on a toasted blaa

**Sesame Falafel Wrap:** (V) €9.95  
Open falafel wrap with beet hummus, red cabbage, pickled cucumber, rocket, roasted mixed seeds, grilled vine tomato & Greek yoghurt & Tahini

**Doonbeg Crab & Pink Prawn Marie-Rose:** €14.95  
Doonbeg crabmeat with fresh herb & lemon mayo & pink prawn marie-rose on honey & pumpkin seed wheaten loaf

Add homemade wedges + €3.50 or a cup of soup for €2.50

SERVED FROM 12PM

## SALADS & SOUP

**St. Tola Goat's Cheese:** (V) €12.95  
Warm St. Tola goats cheese croûte, roasted walnuts, pickled cucumber, strawberries, mixed green leaves & honey balsamic glaze, served with honey & pumpkin seed wheaten loaf

**Signature Chicken Caesar Salad:** €14.95  
Grilled Irish chicken breast, warm smoked bacon lardons, romaine lettuce, sourdough croutons, topped with creamy Caesar dressing & micro-blade Parmesan, served with honey & pumpkin seed wheaten loaf

**Today's Soup:** €5.50  
Homemade soup of the day, served with honey & pumpkin seed wheaten loaf

## SIDES

**Homemade Wedges:** (V) €3.50  
**House Slaw:** (V) €3.75  
**Green Leaf Salad:** (V) €2.00

### Add On's

Farm Reared Sausage	€3.00	B & W Pudding	€3.00
Irish Bacon	€3.00	Mushrooms (V)	€2.00
Fried Egg (V)	€1.50	Spinach (V)	€2.00
Hash Brown (V)	€3.00	Confit Tomatoes (V)	€2.00
Mashed Avocado (V)	€2.00	Toast Portion (V)	€2.65
Fresh Berries (V)	€2.00	Nutella (V)	€2.00
Maple Syrup (V)	€1.50	Berry Compote (V)	€2.00
Organic Honey (V)	€1.00	Homemade Custard (V)	€1.50
H&L Beans (V)	€1.50		