

Sample Lunch Menu

Lentil Lasagna and salads €15.50

Hearty lentil and vegetable lasagna in a traditional tomato ragu topped with gooey plant based mozzarella. Served with 2 sides

Buddha Bowl €16

Scoop of curry, rice and potato, selection of fresh salads, with our own spicy kimchi/sauerkraut topped off with humus and greens

Curry and rice €14.95 (Changes daily/weekly)

Sample - Massmam Curry with Sweet Potatoes, Tofu, Oyster Mushrooms and Pak Choi

Daily Special €15

Sample - Roast mushroom and Cashew nut Wellington, served with gravy, potatoes and seasonal vegetables from our Farm..

Selection of freshly made Sandwiches from €8.95

Salads from €7.50

Soup and sambo deal €13

Drink Selection

Selection of Specialty Coffees

All of our coffee is roasted in-house

No extra charge for plant based alternatives.

Large selection of Fresh & Herbal teas.

Refer to Board for more information.

Sweet Treats

Tahini fudge brownie €4.00

Rich chocolate fudge brownie with a tahini drizzle.

Bountiful bar €3.85

Pure coconut layered with dark chocolate coating.

Tricks bar €3.85

Date & caramel with biscuit and a dark chocolate coating.

Salted caramel cake €4.75

Cashew base, topped with a caramel layer, covered with milk chocolate.

Chocolate mousse €4.75

Decadent chocolate sponge topped with chocolate mousse aquafaba.

Rocky road €3.50

Rich digestive biscuit mixed with plant based marshmallow and dark chocolate.

Chocolate chip cookie €3.50

Double chocolate handmade cookie sprinkled with rock salt

Banana Cake €3.95

Delicious handmade banana bread, with warm cinnamon flavours

Sally seedy €3.85

Flapjack style cookie filled with oats, seeds and topped off a walnut

Polenta €3.85

Homemade Polenta grain sponge with a hint of orange and lemon

Carrot cake €4.50

Our best seller. Sponge, raisin and carrot topped with our famous aquafaba cream and walnuts.