

## MORNING MUNCH

- **ROOTS BREAKFAST** 12.50  
Fried Egg, Vine Tomato, Mushrooms, Baked Beans, Potato Shell Rosettes, Bacon, Waldron's Sausage, Black & White Puddings. Served With choice of Sourdough Toast, Tea & Coffee (G) (E) (MD)
- **VEGAN BREAKFAST** 12.50  
Vine Tomato, Mushrooms, Beans, Potato Shell Rosettes, Casava Fries, Spinach, Avocado. Served With choice of Sourdough Toast, Tea & Coffee (G) (MD)
- **BRIOCHE BREAKFAST BAP** 9.50  
Waldron's Streaky Bacon, Sausage, Black & White Puddings, Egg served with Cajun Baby Potatoes, Baked Beans (G) (E) (MD)
- **ROOTS SOURDOUGH TOAST** 3.00  
Served with butter & jam (G)
- **BRIOCHE FRENCH TOAST** 5.80  
Served with maple syrup & whipped cream (G)
- **MUSHROOM HASH** 8.50  
Crispy Portobello Mushroom with Creamy Spinach & Poached Egg (G) (MD)
- **EGGS ROYALE** 9.90  
Smoked Salmon, Hollandaise Sauce, Poached Egg & Muffin (F) (G) (E) (MD)
- **EGGS BENEDICT** 9.00  
Horan's Streaky Bacon, Hollandaise Sauce, Poached Egg & Muffin (G) (E) (MD)
- **SCRAMBLED EGGS** 7.50  
Served with Sourdough (G) (E) (MD)
- **SOUFFLÉ OMELETTE** 9.90  
With 3 fillings of your choice. Served with homemade brown bread (G) (E) (MD)
- **ORGANIC OAT PORRIDGE** 6.50  
Served with Honey and choice of two toppings (MD) (G)
- **GRILLED PINEAPPLE** 5.90  
Served With Honey, Walnut & Vanilla Kefir (MD) (N)
- **GREEN SMOOTHIE BOWL** 7.90  
Natural Yoghurt, Avocado, Spinach, Banana, Spirulina & Kiwi
- **SWIRLED AÇAÍ YOGHURT** 7.90  
Natural Yoghurt, AÇAÍ, Honey, Blueberries, Raspberries, Banana, Toasted Coconut Flakes (MD)
- **SMASHED AVO TOAST** 8.50  
Avocado, Chilli, Garlic, Homemade Tomato Relish, Ray Sourdough (G)

## SANDWICHES

*All Sandwiches are served with Coleslaw, House salad & Crisps.*

- Soup Supplement +3.00
- **OPEN SANDWICH WITH 2 FILLINGS** 8.90
- **B.L.T.** 8.90  
Toasted Classic Sandwich with Bacon, Lettuce, Tomato on Sourdough (G) (MD) (MU)
- **STEAK & EGG CIABATTA** 14.90  
8 oz Rump Cap Steak, Egg, Ciabatta. Served with wilted spinach, homemade cut chips & house salad (G) (MD) (MU) (E)

*Vegan options available.*

*Please mention to staff your choice.*

*1€ Extra on selected options.*

## LUNCH

- **SOUP OF THE DAY** 6.80  
Freshly Made Soup served with Homemade Bread. (GF)
- **ATLANTIC FISH CHOWDER** 11.50  
Fresh Atlantic Salmon, Cod, Smokey Coley, Haddock served in Sourdough Bread bowl (GF) (F) (MD) (CR)
- **ROOTS HOT WINGS**  
*Starter* 9.00  
*Main* 14.50  
Cayenne Pepper Hot Sauce, Butter, Gorgonzola Aioli, Local Organic Celery & Carrots (MD)(CL)(E)(SD)
- **BRUSCHETTA WITH MOZZARELLA** 7.90  
Sourdough Stone Baked Baguette, Vine Tomatoes, Sliced Mozzarella & Basil (G)(MD)

## MAINS

- **CHICKEN GOUJONS** 16.50  
Served with Homemade Salad & Chips. (GF)(CL)(E)(SD)
- **THAI GREEN**  
Coconut Milk, Ginger, Lemongrass, Garlic, Mango, Onion, Peppers & Basmati Rice. (GF)(MD)(SD)  
*Chicken* 16.90  
*Beef* +2.60
- **THAI RED (VEGAN)** 15.90  
Roast Sweet Potato, Mixed Peppers, Snow Peas, Onion, Broccoli, Mango, Coconut Milk, Ginger, Lemongrass, Coriander & Basmati Rice. (GF)(MD)
- Prawn* (F) +4.00
- **IRISH BEEF & GUINNESS STEW** 16.90  
Slow Cooked Chunks of Irish Beef with Potato, Carrot, Onion & Celery in a Rich Guinness Gravy. Served In a Sourdough Bread Bowl.



- **10oz RUMP CAP STEAK** **19.50**  
Charcoal Grilled Irish Rump Cap Steak, Champ  
Mashed Potatoes, Sauteed Button Mushrooms &  
Onions. Served with Brandy Peppercorn Sauce /  
Garlic Rosemary Butter. (GF)(MD)(SD)
- **ATLANTIC FISH PIE** **16.90**  
➤ Salmon, Cod, Haddock, Smoked Coley in White Wine,  
Topped with Creamy Parmesan Mashed Potato & Dill  
Velouté. Served with House Salad. (GF)(MD)(F)
- **TRADITIONAL FISH & CHIPS** **16.90**  
Beer Battered Cod, Tartar Sauce & Smashed Minted  
Peas. Served with Homemade Cut Chips. (GF)(CL)(E)(SD)

## PANCAKES

*Sweet or Savoury*

- **HOMEMADE PANCAKE** **8.90**  
Served With Maple Syrup and two toppings of  
choice (G) (MD) (E)
- **Extra fillings or toppings** **2.50**
- **Any Egg Portion** **3.50**
- **Extra Smoked Salmon** **3.50**

## DESSERTS

- **BLACK FOREST PARFAIT** **6.80**  
Fluffy Chocolate Sponge, Liqueur-Soaked Cherries,  
Rich Vanilla Cream  
(G)(MD)(SD)
- **GUINNESS CHOCOLATE CAKE** **6.80**  
Rich & Moist Layered Guinness Cake Served  
with Baileys Ice-Cream  
(G)(MD)(SD)
- **OVEN BAKED APPLE CRUMBLE** **6.80**  
Served with Soda Bread Ice-Cream  
(G)(MD)
- **SUMMER BERRIES & BASIL SORBET** **6.80**
- **RASPBERRY AND PISTACHIO MERINGUE** **6.80**  
Served with Vanilla Ice-Cream.  
(GF)(E)(MD)(N)
- **LEMON CURD & DARK BERRY PANNA COTTA** **6.80**  
Lemon Curd, Blackberry and Blueberry  
Panna Cotta  
Served with Whipped Cream  
(GF)(E)(MD)
- **CHEESECAKE OF THE DAY** **6.80**  
(G)(MD)

## SAUCES & DIPS

- SIDES**
- **HOUSE CUT CHIPS** **3.80**
- **SWEET POTATO FRIES** **4.50**
- **CHUNKY CASSAVA CHIPS** **4.90**
- **PARMESAN TRUFFLE FRIES** **4.90**
- **CHAMP MASH** **3.50**
- **BASMATI RICE** **3.50**
- **BEER BATTERED ONION RINGS** **4.50**
- **PAN ROASTED GREEN VEGETABLES** **4.20**
- **HONEY AND MUSTARD**
- FRESH LEAF SALAD** **3.90**
- **ROSEMARY GARLIC BUTTER** **1.60**
- **GARLIC MAYONNAISE** **1.60**
- **LIME & CORRIANDER AIOLI** **1.60**
- **BRANDY PEPPERCORN CREAM** **2.00**
- **SWEET CHILI SAUCE** **2.00**
- **CURRY SAUCE** **2.00**
- **BURGER SAUCE** **2.00**
- **GRAVY** **2.00**
- **HOT SAUCE** **2.00**
- **TARTAR SAUCE** **2.00**
- **MINT PEA PUREE** **2.00**

## ALLERGENS

Please note that some of our menu items contain allergens.  
Traces of these are openly used in our kitchen and may be found in  
several

other products served here.

We understand the dangers to those with allergies, please speak to  
a member of staff  
who will be happy to help you.

(GF) indicates that the dish is Gluten  
Free.  
(CL) Celery  
(CR) Crustaceans E.G. Crabs,  
Prawns, Lobsters  
(E) Eggs  
(F) Fish  
(G) Gluten

(MD) Milk & Dairy  
(MO) Molluscs - Mussels, Oysters, Squid, Snails  
(MU) Mustard  
(N) Nuts  
(P) Peanuts  
(SS) Sesame Seeds  
(SB) Soybeans  
(SD) Sulphur Dioxide & Sulphites