

Salads		
Bean, tomato & watercress salad Cannellini beans, watercress, lemon, zested and juiced, sundried tomatoes and olive	€5.50	0000)
Beetroot & lentil tabbouleh flat-leaf parsley, mint, chives, radishes, beetroot, red apple, ground cumin, olive oil, cooked quinoa, chickpeas, green lentils	€6.00	0000
Guacamole & mango salad with black beans	0.00	6000)
mango, avocado, cherry tomatoes, red chilli, red onion, black beans, topped with lime	€6.50	
Roasted squash & red onion with pistachios butternut squash halved widthways and spiralled into thick noodles, red onion, olive oil, sumac, pomegranate seeds, pistachios	€6.80	600
Lime, sesame & coconut courgette carpaccio shelled edamame beans, sesame oil, lime juice, courgettes		0000
ends trimmed and spiralized into thin noodles, mixed radish wedges, flaked coconut Grilled aubergine tabbouleh	€6.80	600
garlic-infused oil, aubergine, couscous, cucumber, cherry tomatoes, mint, parsley, dressed with coconut yogurt, tahini and maple syrup	€6.80	
Greek salad vine tomatoes, cucumber, red onion, Kalamata olives, dried oregano, feta cheese, Greek extra virgin olive oil	€7.00	



Desserts

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	Maltida cake		()	
1	Butter and flour, all-purpose gluten free flour (cornstarch, tapioca starch, white rice flour, brown rice flour, nonfat milk power, potato flour, xanthan gum), sugar, unsweetened cocoa powder, baking soda, baking powder, salt, eggs, buttermilk, vegetable oil, vanilla extract, topped with Chocolate Buttercream Frosting: softened butter, unsweetened cocoa powder, vanilla extract, milk, icing	€7.00		
	sugar			
	Victorian sponge cake margarine, eggs, vanilla self-raising flour, whipped cream,		Fig.	
i	cing sugar, filled with strawberry jam	€6.00		
	Strawberry cheesecake		E	
[Digestive discuts crumbs, salted butter, cream cheese,			
	all purpose flour flour, sour cream, vanilla extract, eggs, cornstarch, strawberries, heavy whipping cream	€7.50		
		07.00		
1	Luxury Triple Chocolate Gateau Whipping Cream, Egg replacement: flax seeds, Sugar, all- ourpose gluten free flour, Fat Reduced Cocoa Powder, Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Soya), Icing Sugar, Humectant: Glycerol: Sunflower Oil, MilkChocolate (Sugar, Cocoa Butter, Soya), Caster Sugar	€8.50		
	Brownies			
	all-purpose gluten free flour, unsweetened cocoa powder, oaking powder, vegetable oil, vanilla extract.	€6.00		
	Waffles and crepes		Provide the second seco	
I	l-purpose flour, baking powder, eggs, milk, butter, vanilla	<i>€7.00</i>		
•	extract topped with a wild variety of toppings: nuts, fruit and sweet sauces .	+ €0.50 for extra toppin		
				TITLE

All mentioned above can be taken as extravaganza dessert complete with extra ice cream: chocolate, strawberry or vanilla; whipped cream and sauces: chocolate or strawberry.

+ €2.00 each scoop

Wraps

Classic	. / -Y = -
Cheesy tortilla wrap soft flour tortillas, cheddar, sun dried tomatoes, red pepper, jalapeño chillies, coriander €5.00	000
Spinach omelette chapati wraps vegetable oil, spring onions, garam masala, eggs, mature cheddar, ham slices, baby spinach leaves, chapatis, Indian wraps €6.00	00
Hot dogs wraps sunflower oil, large pork sausages, onion, yellow mustard, seeds, flour tortillas, tomato €6.50	00 0
Ham & Cheese Wraps soft flour tortilla, sliced ham, cheddar cheese, lettuce and tomatoes €5.00	6
Tuna Mayonnaise Wrap Tuna fish, red onion, sliced tomatoes and spinach leaves, Mayonnaise €5.00	00
Chicken Mayonnaise Wrap Classic tender chicken, salad and mayonnaise, floury tortilla wrap €5.50	000)))
Fancy	
Ginger & soy sea bass parcels chicken thighs, onion, ginger, cumin, garam masala, tomato purée, red chilli, lemon juice, rotis, warmed, mango chutney, lime pickle, mint, yogurt €7.50	
Mexan Crab & avocado tostadas red onion, limes, white crabmeat, spring onion, red chilli, ripe avocado, garlic clove, corn tortillas, mixed salad	00)
leaves Continue Continue	(Ale

Lamb, lemon & dill souvlaki Garlic, olive oil, lemon zest and juice, fresh dill, lamb chunks Pork tenderloin with chipotle sauce & **(1)** pickled red onions red onions, limes, dried oregano, garlic cloves, plum tomatoes, halved, chipotle paste, chilli powder, pork tenderloins, coriander sprigs and warm soft tortillas (flour or corn). €9.00 Vegan Bean quesadillas sunflower oil, onion, garlic cloves, cumin seeds, pinto, kidney beans, smoked paprika, flour tortillas, cheese, coriander, fresh tomato salsa, soured cream €5.50 French Twist Wrap With Dijon-Maple Sauce and Cheese Dip Non-dairy yogurt, tapioca starch, nutritional yeast, white miso, dry vermouth, apple cider vinegar, Dijon mustard, maple syrup, cayenne pepper, Swiss chard, Shiitake €8.50 mushrooms, tomato, scallions, tortillas Mexican Quinoa Wraps quinoa, black beans, corn, onion, chilli, red pepper, Barbecue sauce, Guacamole, vegan sour cream (optional). €6.50 Crispy Curry Tofu Wrap tofu, canola oil, curry powder, cucumber, mixed greens salad, lollo rosso, lollo verde, aruqula, lamb's lettuce, avocado, lime juice, chopped cilantro, home made tortilla ${\it e}5.50$ Roasted Sweet Potato and Cauliflower T Tummus V Vrap cauliflower head, sweet potatoes, smoked paprika, cumin. garlic powder, turmeric, avocado oil, Hummus. All wrapped mentioned above can be served with gluten wraps

Drinks

Sparkling and still water

Home made Lemonades

Vintage Lemon Lemonades recipe, All Natural Strawberry. €3.50 Cherry, Ice tea and Watermelon Lemonade.

Harry Potters Chinese Firebolt

cherry grenadine syrup, lime juice, cola soft drink and lemon zest for garnish. €4.00

Non Alcaholic

Shirley Temple

Lemon-lime flavored carbonated beverage, grenadine syrup. €5.00 maraschino cherry (0% alcohol).

Tahini-Pina Colada Shake

fresh pineapple, coconut milk, tahini

Blue cocktail

Blue Hawaiian Punch, white cranberry juice

Non- Alcoholic sangria

lemon, orange, Cranberries, cranberry juice, grape juice, orange juice, lemon juice, sparkling mineral water. €7.00

Alcoholic drinks

Dirty Martini

Vodka and dry vermouth

Mai Tai

Jigger spiced rum, jigger coconut-flavored rum, grenadine syrup, pineapple juice, orange juice

Old-fashioned wiskey Angostura Bitters, bourbon or rye whiskey, Optional: orange peel for garnish or maraschino cherry for garnish ${\it e}8.00$ Cosmopolitan vodka, cointreau, fresh lime juice, ranberry juice. Wine A huge selection of wine to choose from. Hot drinks Coffee Decaffeination, Freashly Brewed, Espresso, Macchiato. Americano, Café Latte. Cappuccino. Cappuccino, Mocha, Americano, Care Latto. Sappassion. With amaretto. €3.00 Irish coffee. Coffee Liqueur Tea Black Tea, Earl Grey Green Tea, Herbal Tea, Pu-erh Tea, MintTea, Chamomile, Chia tea, Hot Cocoa Mixin a Tar powdered milk chocolate pudding mix, powdered chocolate drink mixm, non-dairy creamer, confectioners €5.00 sugar, unsweetened cocoa powder Cold drinks **Smoothies** Thick vanilla, choclate and strawberry smooties made with 70% Ice-cream, healthy: Kale and Banana, Mango-Peach, Caramel Apple Oatmeal, Cranberry Citrus, Berry, Pineapple Passion, Strawberry Kiwi **Trapuccinos** Nutella, tripple choclate, snicker, cookie dough, butterscothc, green tea, caramell coffee, vanilla, coffe, moccha, banoffi, strawberry cheesecake, red velvet. Pampkine spice $extstyle{\mathcal{C7.00}}$