

# s e a s a l t

## BRUNCH/LUNCH MENU

SERVED DAILY FROM 12 - 3PM

### BRUNCH DISHES

#### AÇAÍ BOWL €9

Organic acai, frozen berries, banana, coconut milk, topped with our own housemade granola, mixed fruit, honey & coconut flakes ( V ) ( VF ) ( allergens depending on toppings, granola 3,12 )

#### CRUSHED AVOCADO €9

Served on grilled Bacus sourdough topped with perfectly poached eggs, crumbled feta cheese, garnished with mixed seeds and served with grilled vine tomatoes ( V ) Add a side of streaky bacon €2 ( 1, 3, 7, 11, 12 )

#### TRADITIONAL 3 EGG OMELETTE €9

High in protein and low in carbs. Served with delicious tomato salsa & mixed leaves. Add your choice of tomato, ham or spring onion ( V ) ( S & H ) Can also be made with just egg whites if you prefer. ( 7 )

#### HEALTHY PROTEIN TOAST €9

Delicious toasted Bacus sourdough topped with peanut butter, sliced banana, chia seeds & drizzled with honey ( V ) ( 1, 2, 3, 4 )

#### BREAKFAST FLOURY BACUS BAP €9

Annascaul Black pudding, grilled sausages, sliced tomato, matured cheddar cheese with Eve's Smokey tomato relish and soft fried egg ( 1, 4, 6, 14 )

#### EGGS BENEDICT €9

Perfectly poached eggs nestled on a slice of tasty gammon, served on Bacus Bread with homemade hollandaise ( 1, 4, 7 )

### LUNCH DISHES

#### SOUP OF THE DAY €5

Served with homemade brown bread ( Allergens will depend on soup )

#### MOZZARELLA, TOMATO & AVOCADO BRUSCHETTA €9

With mixed seeds, pea shoots & a light basil pesto dressing ( V ) ( 1, 3, 4, 11 )

#### RAINBOW WRAP €8

Full of good stuff, crunchy, colourful vegetables in a beetroot tortilla wrap with hummus & a summer leaf salad ( V ) ( 1, 4, 12 )

#### SEASALT SANDWICH €7

Turkey, smoked bacon, cranberry mayo, served on Bacus bread with mixed leaves ( 1, 4, 12 )

#### GOATS CHEESE, PEAR AND WALNUT SALAD €12

With rocket, beetroot & pomegranate with blueberry dressing ( V ) ( 4 )

#### CHOP CHOP SALAD €12

Chicken, feta cheese, chick peas, sweet corn, cucumber, avocado, red onion, cherry tomatoes, mixed leaves, honey & mustard dressing ( 1,11 )

#### PRAWN, MANGO AND CHORIZO SALAD €14

Spring onion, coriander, baby spinach, garlic croutons, tossed in a sweet mango oil ( 1, 5 )

### SIDES

SIDE SALAD €3 ( 11 ) COLESLAW €2 ( 4, 7, 11 ) HOUSE FRIES €3.50 ( 1 ) SWEET POTATO FRIES €4.50 ( 1 )

( V ) Vegetarian ( S & H ) Slim and Healthy ( VF ) Vegan Friendly

#### ALLERGENS INDEX

1.Cereal 2.Peanuts 3.Nuts 4.Milk 5.Crustaceans 6.Mollusc 7.Eggs 8.Fish 9.Celery 10.Lupin 11.Mustard 12.Sesame Seeds 13.Soya 14.Sulphur Dioxide