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## BREAKFAST MENU

served 8am until 12 noon

### ~ BREAKFAST ~

**Organic Porridge (1,6,7) €3.50**

**served with choice of topping**

Fresh apple or banana / fresh berries / raisins / honey / seed mix / seasonal fruit compote.

Milk - Cow/Soya/Coconut/Almond

**Buckwheat Granola (7,8) €6.95**

with organic Greek yogurt (7) and seasonal fruit compote.

**Buttermilk Pancakes (1,3,7) €6.95**

Traditional or Banana with choice of topping.

Organic Greek yogurt and fresh berries/honey and lemon/almond butter/maple syrup. (7,8)

**Free Range Poached Eggs With Smashed Avocado (1,3,5,7) €6.95**

Smashed avocado & homemade Pesto Served with buttermilk brown bread or sourdough.

Add Andarl Farm bacon, pudding, chorizo €2.00

**Eggs Benedict & Black Pudding (1,3,7) €7.95**

Free range poached eggs, Andarl Farm black pudding hollandaise sauce with bacon crumb on sourdough.

Add Andarl Farm bacon, chorizo €2.00

**Breakfast Flatbread (1,3,7) €8.50**

Andarl Farm bacon, fried eggs, avocado, organic leaves and Sriracha Mayo, served on a Flatbread

**Shakshuka Eggs (1,3,7,8) €7.95**

Free range poached eggs, in a spicy tomato, pepper and white bean sauce with feta and dukkha on sourdough.

Add Andarl Farm bacon, pudding, chorizo €2.00

**Smashing Omelettes €7.95**

1. Andarl Farm black pudding & Galway Goat Farm goat's Cheese. (1,3,7)
2. Cajun chicken, Jalapeno and feta. (1,3,7)
3. Roast veg, cherry tomatoes, spinach and cheddar cheese. (1,3,7)
4. Have it your way with 3 ingredients of your choosing.

Add extra ingredient for €1.50: Cajun chicken, black pudding, chorizo, ham, Galway Goat Farm goat's cheese

**AJ's Vegan Breakfast €7.50**

Scrambled chickpea, house baked beans, portobello mushroom, fried tomato, hummus, avocado. Served with sourdough toast. (Add eggs €1.50)

**The Classic Leaf and Bean Irish €8.50**

Andarl Farm sausage, bacon, black & white pudding, house baked beans, tomato, flat mushroom, egg your way. Served with homemade brown bread. (1,3,6,7,10)

**Fresh Scone of the Day (1,3,7) €1.95**

served with jam and butter.

**Homemade Brown Bread (1,3,7) €1.95**

served with jam and butter or nut butter. (5,8)

### ~ SMOOTHIES ~

**Mixed Berry (7) €4.00**

Frozen berries, banana, orange juice, Greek yogurt, flaxseeds, honey.

**Greens (8) €4.00**

Spinach, banana, almond milk, hemp, chia seeds, spirulina.

**Mango Blast €4.00**

Frozen mango, banana, pineapple juice, berries, flax.

**Protein Shake (7) €4.00**

Whey protein powder, banana, organic milk.

\*add a shot of protein to your smoothie €1.00

## LEAF AND BEAN

All our eggs are free range. We use direct trade coffee and organic milk.

**Our local suppliers include:**

Organic Leaves & Veg - Savage Garden & Fuinseog Farm  
Goats Cheese - Galway Goat Farm  
Jams & Chutneys - Lizzy's Homemade Jams  
Organic Beef - Andarl Farm  
Organic bacon, sausage, pudding - Andarl farm  
Ketchups - The Sauce Guy  
Eggs - Galway Free Range  
Coffee - The Coffee Company

### ~ ALLERGENS ~

1. Gluten 2. Crustaceans 3. Egg 4. Fish 5. Peanut  
6. Soy 7. Dairy 8. Nuts 9. Celery 10. Mustard  
11. Sesame 12. Sulphur Dioxide 13. Lupin 14. Molluscs

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## LUNCH MENU

served from 12 noon to 5pm

### ~ SALADS ~

#### Homemade Soups of the Day €4.95

Always gluten free and made using real veggies.

Served with our homemade brown bread / gluten free bread

#### Fresh Scone of the Day (1,3,7) €1.95

Served with jam and butter.

#### Homemade Brown Bread (1,3,7) €1.95

Served with jam and butter or nut butter. (5,8)

### ~ SANDWICHES ~

#### Beef Brisket & Piquillo Pepper (1,3,7,10) €8.95

Slow cooked beef brisket in tomatoes and spices, garlic mayo, cheddar cheese and piquillo pepper sauce on sourdough bread.

#### Chicken Melt (1,3,7) €7.95

Cajun chicken, melted cheddar cheese, jalapenos and spicy mayo on sourdough bread.

#### Cajun Chicken & Avo Wrap (1,7) €7.95

Cajun chicken and avocado with melted cheddar cheese, sour cream and coriander served in a wrap toasted.

#### Black Bean Quesadilla (1,7) €6.95

Tortilla with spicy black bean paste, sour cream, jalapeno, mature cheddar cheese, and a zingy salsa.

Add for €2.00: Cajun chicken, beef brisket, chorizo, falafel.

#### Veggie Hummus Wrap (1,7,10,11) €6.95

Shredded veggies, Pesto beetroot hummus, Rocket and feta cheese served in a fresh wrap.

\*Add cup of soup to any of the above sandwiches €2.00

#### Superfood Salad (7,8,11) €9.95

Organic seasonal green salad, sweet potato, beetroot, organic falafel, feta, dukkha, pomegranate seeds, fried chickpeas, all mixed together with a lemon dressing.

Add for €2.00: Cajun chicken, beef brisket, chorizo.

#### Meze Plate (1,3,7,8,10,11) €9.95

Veggie kofta, broccoli and feta fritters, beetroot hummus, piquillo pepper sauce, dukkha, pomegranate seeds flatbread salad & slaw.

#### Black pudding & Goats cheese salad (1,7,10) €9.95

Galway Goat Farm's goat's cheese, Andarl Farm organic black pudding, apple, croutons, leaves with a honey dressing.

Add for €2.00: Cajun chicken, beef brisket, chorizo, falafel.

#### Smoked Chicken, Apple & Walnut Salad (8,10) €8.95

Organic seasonal green salad, smoked chicken, a juicy apple, toasted walnuts, red onion and dried cranberries with a lemon & mustard dressing.

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