

SAVOURY CREPE

BREKKIE Egg, crispy bacon, melted cheddar cheese and tomato.	€13.90
JERVIS WAY Melted cheddar cheese, crispy bacon, mushrooms and tomato.	€13.90
THE HENRY Chicken, melted cheddar cheese and baby spinach.	€13.50
EASTERN ESSEX Cajun chicken, greek yogurt, shredded lettuce and tomato.	€13.90
PARLIAMENT PINEAPPLE Ham, melted mozzarella, shredded lettuce and pineapple.	€13.90
VEGANO (made with soya milk and gluten free flour) Melted vegan cheese, mushroom and spinach. (vegan)	€13.50
FISHAMBLE MELT Tuna, mayo, melted cheddar cheese and spring onion.	€13.90
ITALIAN QUARTER Buffalo mozzarella, fresh tomatoes and basil pesto.	€13.90
SYCAMORE SURPRISE Feta cheese, baby spinach and black olives	€13.90
LEMON JELLY SPECIAL Chicken, salsa, cheddar, mozzarella and spring onion.	€13.90
MILLENNIUM Melted cheddar, mozzarella, mushroom and green pepper.	€13.50
ABBEY WAY Melted mozzarella, fresh green pepper, black olive, tomato, spring onion, tomato relish.	€13.50

CREATE YOUR OWN CREPE

BASIC 1 MEAT + 2 TOPPINGS	€12.50
CHOOSE FROM:	
MEAT: Chicken breast, cajun chicken, bacon, ham and tuna.	
CHEESE: Cheddar, Mozzarella, Feta and Ricotta. vegan cheese	
SAVOURY TOPPINGS: Baby Spinach, black olives, lettuce, green and red peppers, mushrooms, red onion, spring onion and tomato.	
SWEET TOPPINGS: Banana, blueberries, fresh fruit, maple flavored syrup, Nutella, strawberries and mixed nuts.	
EXTRA TOPPINGS	
Meat, cheese or sweet: €3.00	

SWEET CREPES

LUSCIOUS LEMON Dusted with sugar, lemon and butter.	€5.50
MAPLE MADNESS Maple flavoured syrup and butter.	€6.50
CHOCALOLIC Just delicious Nutella.	€6.50
MONKEY BUSINESS Delicious Nutella with banana or nuts.	€7.95
RED VELVET Fresh strawberries and creamy Mascarpone.	€7.90
BERRY DELIGHT Ricotta cheese and fresh blueberries.	€7.90
TASTY TREAT Delicious Nutella, banana, nuts and ice cream.	€9.50
BEEHIVE Ricotta cheese, yoghurt, banana and honey.	€8.50
LEMON ZEST Lemon, butter, sugar and banana.	€6.95
BACON MAPLE MADNESS Bacon, maple flavoured syrup and butter.	€8.50
WICKED FRUIT Lemon, butter, sugar, fresh fruit and whipped cream	€8.50
STRAWBERRY DREAM Delicious Nutella and fresh strawberries.	€8.50

OMELETTES

SERVED WITH, SOURDOUGH OR GLUTEN-FREE TOAST

BACON AND CHEDDAR	€12.90
BACON AND MUSHROOM	€12.90
BACON AND AVOCADO	€12.90
CHICKEN AND CHEDDAR	€12.90
CHICKEN AND AVOCADO	€12.90
HAM AND MUSHROOM	€12.90
FETA CHEESE, AVOCADO AND SPINACH	€12.90
MUSHROOM, GREEN AND RED PEPPER	€12.90
SUNDRIED TOMATO, MOZZARELLA, PESTO	€12.90

HOT DRINKS

	(SHOT) SINGLE DOUBLE
ESPRESSO	€2.60 €3.10
ESPRESSO MACCHIATO	€2.70 €3.20
	(SIZE) REGULAR LARGE
AMERICANO	€3.40 €3.90
WHITE AMERICANO	€3.70 €4.20
TEA	€2.90 €3.20
CAPPUCCINO	€3.90 €4.40
LATTE	€3.90 €4.40
FLAT WHITE	€3.70
CHAI LATTE	€4.00 €4.50
GINGERBREAD LATTE	€4.10 €4.60
MOCHA (CHOCOLATE, CARAMEL, WHITE)	€4.20 €4.70
HOT CHOCOLATE	€4.10 €4.60
ORANGE HOT CHOCOLATE	€4.40 €4.90
STRAWBERRY HOT CHOCOLATE	€4.90
TURMERIC & COCONUT LATTE	€4.20
MATCHA LATTE	€4.10
COFFEE FLAVOUR caramel, hazelnut, peppermint, orange or vanilla	€0.60
OPTIONAL soya, almond, coconut, oat milk, marshmallow & fresh or pouring cream	€0.50

ALCOHOLIC HOT DRINKS

IRISH COFFEE	€7.90
BAILEYS HOT CHOCOLATE	€7.90
BAILEYS COFFEE	€7.50
HOT WHISKEY	€6.50

SUKI TEA
TEA AS IT SHOULD BE

POT OF TEA	€3.95
*APPLE LOVES MINT (CF/GTA) *WHOLE PEPPERMINT (CF/GTA)	
*LEMONGRASS AND GINGER TWIST *MIXED RED BERRIES (GTA)	
*GREEN TEA SENCHA (FT/ORG) *CHAMOMILE (CF/GTA)	
*EARL GREY BLUE FLOWER (FT/ORG/GTA/RF) *MANGO TANGO	
*GOJI BERRY AND POMEGRANATE	



CF: CAFFEINE FREE

SOUP OF THE DAY

Freshly made soup served with brown bread €6.50

CIABATTA

THE WORKS Bacon, fried egg, cheddar and tomato.	€9.90
B.L.T Bacon, lettuce, tomato and mayo.	€9.90
THE CAPRESE Buffalo mozzarella, sliced tomato and basil pesto.	€9.90
TUNA MELT Tuna, cheddar, spring onion and mayo.	€9.90
THE PARMA Parma ham, buffalo mozzarella and rocket.	€9.90
THE RUSTIC Parma ham, goats' cheese and drizzled honey.	€9.90
THE CAESAR Chicken, Bacon, Parmesan shavings, lettuce and Caesar dressing.	€9.90
THE VEEGAIN (vegan) Vegan cheese, sundried tomato, mushroom, balsamic sauce	€9.90
ITALIAN HERO Chicken, mozzarella cheese and pesto.	€9.90
THE CAJUN Cajun chicken, lettuce, tomato and spring onion	€9.90

LUNCH SPECIAL €13.90

CIABATTA + SIDE SOUP + REGULAR TEA OR COFFEE
You can upgrade your hot drink for a small additional cost.

SALADS

LEMON HOUSE SALAD Chicken, goats' cheese, red peppers, mixed leaves, tomatoes, olives, croutons and house dressing.	€12.90
ITALIAN SALAD Warm garlic mushrooms, baby mozzarella, avocado, sundried tomatoes, baby spinach, rocket, balsamic syrup, honey and mustard dressing.	€12.90
CAPRESE SALAD Baby mozzarella, sliced tomato and pesto, rocket and balsamic	€10.90
CHICKEN CAESAR Chicken, bacon bits, grated parmesan, lettuce, croutons and Caesar dressing	€11.90

JUICES

	(SIZE) REGULAR LARGE
ORANGE JUICE 100% freshly squeezed orange juice.	€3.90 €4.50
APPLE JUICE 100% freshly pressed apple juice (with ginger on request).	€3.90 €4.50
PEAR JUICE 100% freshly pressed pear juice.	€4.90
CARROT JUICE 100% freshly pressed carrot juice.	€4.90
COLD & FLU BEATER Apple, orange and ginger.	€4.90
BASIC BOOST Apple, carrot and ginger.	€4.90
APPLEBERRY Apple and strawberry.	€4.90
VITALITY Orange juice with carrot.	€4.90
WAKE UP Mango, pineapple and orange juice	€4.90
MILK	€1.90 €2.50
MILKSHAKE (PICK A FLAVOUR)	€4.90
BANANA CHOCOLATE STRAWBERRY VANILLA	
COKE, DIET COKE, FANTA, 7UP	€3.00 €3.50
BOTTLED WATER (STILL OR SPARKLING)	€3.00

SWEET THINGS

GATEAUX CAKE CHOOSE FROM	€5.50
CARROT CAKE BLACK FOREST CHEESE CAKE	
STRAWBERRY CREAM	
ICE CREAM CHOOSE FROM	€4.95
VANILLA STRAWBERRY CHOCOLATE.	

ALLERGEN ADVICE - please inform a member of staff if you have any allergies or intolerances and we will try our very best to accommodate them. for those with serious allergies, please be aware that there may be trace allergens as all food is freshly prepared in our kitchen.

COLD BREW COFFEE

ICED BLACK COFFEE	€3.50
ICED LATTE soya, almond, coconut, oat milk	€4.20
ICED VANILLA LATTE	€4.20
ICED CARAMEL LATTE	€4.20
ICED CHOCOLATE MOCHA	€4.20
ICED TIRAMISU	€4.50
ICED TEA WITH LEMON	€3.20

SMOOTHIES

All smoothies are made with low fat frozen yogurt.

HEALTHY OPTION Banana and orange juice.	€5.50
MANGO PASSION Mango and orange juice.	€5.50
ENERGY INJECTION Banana, strawberry, orange juice and honey.	€5.50
RASPBERRY SENSATION Raspberry, strawberry, banana, orange juice and honey.	€5.50
GREEN GOODNESS Avocado, pineapple, spinach and apple juice	€5.50
SWEET MONKEY Banana, apple and orange juice.	€5.50
COPA CABANA Pineapple, banana, coconut and orange juice.	€5.50
TROPICAL Mango, banana and orange juice	€5.50
BLOODY PINEAPPLE Pineapple, raspberry, banana and orange juice	€5.50
MAGIC SUNSET Banana, pineapple, strawberry and orange juice.	€5.50
CLASSIC COCKTAIL Blueberry, strawberry, banana, apple and orange juice.	€5.50
BURBERRY Blueberry, raspberry, strawberry and orange juice.	€5.50