

## OAT PANCAKES

A healthy pancake alternative made with oats, banana, almond milk, egg and honey. A stack of three pancakes with your choice of topping from the below

**BLUEBERRY & CINNAMON (V,N,E)** - Blueberries, cranberry juice, maple syrup and cinnamon. - **€6.95**

Kcal 543 | Carbs 107.9g | Protein 16.8g | Fat 7.6g

**ORANGE CARAMELIZED BANANA (V,N,E)** - Orange juice and banana. - **€6.95**

Kcal 516 | Carbs 100.3g | Protein 16.8g | Fat 7.5g

**STRAWBERRY & YOGHURT (V,L,E,N)** - Greek Yoghurt, Honey, Strawberries. - **€6.95**

Kcal 632 | Carbs 114.8g | Protein 18.8g | Fat 13.4g

## SMOOTHIE BOWLS

**BANANA & BERRY (N,G,V)** Banana, mixed berries, desiccated coconut, granola, and hemp seed. - **€5.50**

Kcal 632 | Carbs 80.6g | Protein 14.2g | Fat 25g

**BANANA & PEANUT BUTTER (N,L,G,V)** - Chocolate, granola, peanut butter, banana and dates. - **€5.50**

Kcal 676 | Carbs 82.5g | Protein 13.4g | Fats 31g

## MUFFIN

**BANANA, OATS, PEANUT BUTTER (V,E,N)** - Our in-house made muffin with banana, oats, peanut butter, cinnamon and honey. Served warm. - **€2.25**

Kcal 236 | Carbs 23.2g | Protein 8g | Fat 13.3g

## DESSERTS & CAKES

**GATEAU MARIE (G,L,N)** - **€6.95**

**CARROT AND WALNUT CAKE (G,L,N,E)** - **€6.95**

**DARK CHOCOLATE FUDGE CAKE (G,L,N,E)** - **€6.95**

**BANOFFEE PIE (G,L,N,E)** - **€6.95**

**STRAWBERRY MERINGUE (L,E,N)** - **€6.25**

**WARM APPLE PIE (G,L,N,E)** - Served with custard. - **€6.75**

**WARM CHOCOLATE BROWNIE (G,L,N)** - Served with Vanilla ice cream. - **€4.95**

**MANJAR BLANCO (L,N)** - An in-house custard made from milk, vanilla bean and sugar, simmered until thick, rich and absolutely divine!

Choose your favourite topping from,

Mixed berry jam & crushed pistachios, Honey & crushed pistachio, or Chocolate sauce & crushed pistachio. - **€4.95**

## CROISSANTS

(Available till noon)

**CROISSANTS PLAIN (G,L,N)** - **€2.25**

**CROISSANTS CHOCOLATE (G,L,N)** - **€2.75**

**CROISSANTS PISTACHIO (G,L,N)** - **€2.95**

## CREPES

**CARINA (G,L,N,E)** - Mortadella, mascarpone, crushed walnuts and crispy red cabbage. - **€6.95**

**BOSCAIOLA (G,L,E)** - Chicken strips, mushrooms, collar bacon and garlic mayo. - **€6.95**

**LA MEXICANA (G,L,E,SH)** - Chilli con carne, Mexican cheese-melt, red chillies. - **€6.95**

**BLACK OR WHITE (G,L,E,N)** - Crepe with a choice of either hazelnut chocolate or white chocolate. - **€6.25**

**OREO MADNESS (G,L,E,N)** - White chocolate, crushed Oreo biscuits and sugar frosting. - **€6.95**

**FUNKY MONKEY (G,L,E,N)** - Banana slices, hazelnut chocolate, crushed hazelnuts and a dark chocolate topping. - **€6.95**

## WAFFLES

**ITALICA (G,L,E,N,V,SS)** - Mascarpone cheese, Basil pesto, sliced tomatoes and crushed black pepper. - **€7.00**

**LA FRESCA (G,L,E,SS,V,SH)** - Cucumbers, sweet corn, pico de gallo and crumbled feta cheese on a spread of refried beans. - **€7.45**

**TROPICANA (G,GC,L,E)** - Chopped pineapple, tomato, onion, coriander and honey salsa, and a spread of in-house made guacamole. - **€7.00**

**HEUVO Y CHORIZO (E,G,L,SH)** - Scrambled egg, spicy chorizo sausage, tomatillo sauce and sour cream. - **€7.00**

**THE BLACK OREO (BLACK WAFFLE) (G,L,N,E)** - Crushed Oreo biscuits and a white chocolate fondue. - **€7.00**

**THE BLACK FOREST (BLACK WAFFLE) (G,L,E)** - Mixed berries and forest fruit jam and vanilla ice cream. - **€7.00**

**DULCE DE LECHE (G,L,E)** - Sliced banana and thick caramelized milk sauce, with a scoop of vanilla ice cream. - **€7.00**

## PANCAKES

**CORN PANCAKE (L,E)** - Chopped spring onions, bacon, sweet corn, diced carrots, mint, mozzarella and cheddar cheese pancake base, topped with sour cream and dill. - **€7.65**

**SALMON PANCAKE (L,E,G,F)** - Spinach pancake with smoked salmon, sour cream and dill. - **€7.25**

**MALTESERS WHITE CHOC (G,L,E,N)** - Stack of three pancakes smothered in white chocolate & Maltesers. - **€6.95**

**SNICKERS PEANUT BUTTER (G,L,E,N)** - Hazelnut chocolate, peanut butter, Snicker bites and caramel topping, on a stack of pancakes. - **€6.95**

**RAFFAELLO (G,L,E,N)** - Raffaello Cream, almond flakes and Kinder Chocolate fingers. - **€6.95**

**PISTACHIO (G,L,E,N)** - Pistachio paste, crushed pistachios, coconut flakes. - **€7.25**

**CAPPUCCINO (G,L,E,N)** - Coffee and chocolate flavoured pancakes, with a hazelnut chocolate spread, a dollop of panna cream and a drizzle of caramel and chocolate sauce. - **€7.25**

**OREO (G,L,N)** - A stack of three crunchy Oreo pancakes, with a sweet cream-cheese spread, a scoop of vanilla ice cream and a drizzle of hazelnut chocolate and caramel sauce. - **€7.25**



Important - The following are indications of food allergens, kindly inform a member of our staff when your order is being taken.

(G) GLUTEN (V) VEGETARIAN (E) EGGS (L) LACTOSE (N) NUTS (SS) SESAME SEEDS (SH) SPICY HOT