



HEALTHY SPACE

FRESH JUICES

500ml

CARROT, APPLE, ORANGE, GINGER - €5.95

Kcal 511 | Carbs 106g | Protein 7.6g | Fat 1.8g

PINEAPPLE, CUCUMBER, BASIL - €5.95

Kcal 427 | Carbs 99.6g | Protein 4.2g | Fats 1.2g

BEETROOT, CARROT, ORANGE - €5.95

Kcal 233 | Carbs 42.6g | Protein 5.5g | Fat 0.9g

FRESH ORANGE JUICE

330 ml - €3.95 500 ml - €5.95

Kcal 150 / 225 | Carbs 34 / 51g | Protein 2.4 / 3.5g | Fat 0.7 / 1g

GINGER SHOT - lemon & lime juice and
fresh ginger juice - €2.00

REAL GINGER SHOT - only fresh ginger juice - €2.00

Fresh juices subject to seasonal availability 🌿

SMOOTHIES

500ml

SUPER BERRY (L, N) - Mixed berries, banana, Greek yogurt,
almond milk and mint - €5.95

Kcal 212 | Carbs 30.3g | Protein 5.2g | Fat 7g

BANANA (N, G) - Banana, porridge oats, almond milk,
cinnamon, nutmeg and honey - €5.95

Kcal 361 | Carbs 64.1g | Protein 8.6g | Fat 5.9g

CHOCOLATE PEANUT BUTTER (N, L) - Banana, peanut butter,
cocoa powder, Greek yogurt, and almond milk - €5.95

Kcal 399 | Carbs 32.6g | Protein 11.8g | Fat 25.4g

Add Optimum Nutrition Whey Protein (Vanilla) - €2.50

Kcal 130 | Carbs 5g | Protein 24g | Fat 1g

Add QNT Vegan Pea & Rice Protein (Vanilla) - €2.50

Kcal 73 | Carbs 2.15g | Protein 14.03g | Fat 1.27g

(G) - Gluten, (N) - Nuts, (L) - Lactose

BOTTLED JUICES

ORANGE, PEACH, PINEAPPLE, RED APPLE - 20cl - €2.95

COFFEE

ESPRESSO / ESPRESSO LUNGO - €1.90 **ESPRESSO MACCHIATO** - €2.00

DOUBLE ESPRESSO - €2.35 **DOUBLE ESPRESSO MACCHIATO** - €2.50

CAPPUCCINO - Small - €2.30 Medium - €2.95 Large - €3.60

LATTE - Medium - €2.95 Large - €3.60

MOCHA - Medium - €3.40 Large - €3.85

AMERICANO - Medium - €2.30 Large - €2.60

IRISH COFFEE - €5.30

PISTACHIO LATTE - With pistachio cream and crushed pistachio - €4.25

SALTED PEANUT LATTE - With peanut butter and crushed salted peanut - €3.95

COLD COFFEE DRINKS

ICED AMERICANO - Medium - €2.30 Large - €2.60

ICED LATTE - Medium - €3.10 Large - €3.60

ICED CHAI LATTE - €3.70 **ICED DIRTY CHAI LATTE** - €4.10



LACTOSE-FREE / PLANT-BASED MILK - €0.50

OAT, COCONUT, ALMOND, SOYA

ADD FLAVOUR - €0.80

CARAMEL, HAZELNUT, PISTACHIO, VANILLA, COCONUT, CINNAMON

HOT DRINKS

HOT CHOCOLATE - Medium - €3.10 Large - €3.60

ENGLISH BREAKFAST TEA - €1.95 **FLAVOURED TEAS (MUG)** - €2.50

CHAI LATTE - €3.70 **DIRTY CHAI LATTE** - €4.10

FLU FIGHTER - Ginger, lemon and honey, infused in hot water.

Keep that flu at bay with this healthy, all-natural beverage - €3.95

CARBONATED DRINKS

COKE / COKE ZERO / SPRITE / SPRITE ZERO / FANTA / KINNIE / DIET KINNIE

33cl - €2.60 50cl - €4.10

BITTER LEMON / GINGER ALE / TONIC WATER - 20cl - €2.60

RED BULL - 25cl - €3.70

GO & FUN GREEN ENERGY DRINK - 25cl - €3.60

GO & FUN GINGER AND LEMON ENERGY DRINK - 25cl - €3.60



BISTRO · PIZZERIA · CAFÉ

★ NEW! ★

REFRESHING NON-ALCOHOLIC SPRITZERS

TROPICAL SPRITZ - Lychee and passion fruit - €3.50

FOREST FRUIT SPRITZ - Raspberry and mixed berries - €3.50

ELDER-LIME SPRITZ - Elderflower and fresh lime - €3.50

STRAWBERRY-MANGO SPRITZ - Strawberry and mango - €3.50

LEMONADES

**AGAVE, GINGER & MINT / DOUBLE MELON / MIXED BERRIES /
MANGO / PASSION FRUIT / STRAWBERRY** - €4.30

ANTI'S ORIGINAL - €4.05

Selection of flavours available for an extra charge of €0.60,
ask your server for more details

HOMEMADE ICED TEA

Available in Green Tea, Black Tea or Hibiscus Tea

**STRAWBERRY / GREEN APPLE / PASSION FRUIT /
ELDERFLOWER / PEACH / MANGO** - 50 cl - €3.60

MILKSHAKES

STRAWBERRY, CHOCOLATE OR VANILLA - €5.80

OREO SHAKE - €6.50

WATER

STILL WATER - Small, 25cl - €2.50 Large, 75cl - €3.85

SPARKLING WATER - Small, 25cl - €2.50 Large, 75cl - €3.85



LOCAL BEER

CISK - Lager - Half Pint - €3.00 Pint - €5.55
CISK EXCEL - Low Carb Lager - Half Pint - €3.00 Pint - €5.55
CISK CHILL - Lemon or Melon Mix - Half Pint - €3.55
BLUE LABEL - Amber Ale - Half Pint - €3.25 Pint - €5.85
HOPLEAF - Pale Ale - Half Pint - €3.25
FARSONS SHANDY - Shandy - Half Pint - €3.25
HUSKIE BABY FACE (4%) - Craft Tropical Pale Ale - 33cl - €6.00
HUSKIE MOSAIC (5%) - Craft Indian Pale Ale - 33cl - €6.00
HUSKIE ALPHA (6%) - Craft Indian Pale Ale - 33cl - €6.00
CISK 'O' - Lager, Non-alcoholic - 33cl - €3.45

FOREIGN BEER

HEINEKEN - Lager, Holland - Half Pint - €3.00 Pint - €5.55
CORONA - Lager, Mexico - 33cl - €4.55
BELLFIELD PILSNER - Gluten Free Lager, Holland - 33cl - €6.00
PERONI - Lager, Italy - 33cl - €4.30
GUINNESS - Stout, Ireland - Pint - €5.65
ESTAMINET - Lager, Belgium - Half Pint - €3.00 Pint - €5.55

CIDERS

STRONGBOW - Dry Cider - 50cl - €5.50
PEACH GOOD CIDER - 33cl - €4.95
WILD BERRY GOOD CIDER - 33cl - €4.95
SOMERSBY APPLE - 33cl - €4.95
SOMERSBY BLACKBERRY - 33cl - €4.95

WHITE WINES

PALATINO SAUVIGNON BLANC - Malta - €22.50
PALATINO GIRGENTINA VIOGNER - Malta - €22.50
URMENETA SAUVIGNON BLANC - Chile - €21.50
SANT'ORSOLA SOAVE - Sicily, Italy - €18.50
PINOT GRIGIO DOC DELLE VENEZIE - DeAngeli, Italy - €18.95
GAVI DOCG - La Doria, Italy - €24.95
BIANCO TERRE DI CHIETI IGT - Bordinese, Italy - €18.95
GRECO DI TUFO DOCG - Conti Uttieri, Italy - €27.50
SAUVIGNON BLANC - Central Valley, Chile - €19.95
SIMONSIG CHENIN BLANC - South Africa - €24.95
CHARDONNAY - McGuigan Signature, Australia - €25.50

RED WINES

PALATINO MERLOT - Malta - €22.50
PALATINO SYRAH - Malta - €22.50
URMENETA CABERNET SAUVIGNON - Chile - €21.50
CHÂTEAU TOUR DE LUCHEY BORDEAUX ROUGE - France - €26.50
CHIANTI CLASSICO - La Vigna, Italy - €25.50
SANT'ORSOLA NERO D'AVOLA - Sicily, Italy - €18.50
ROSSO TERRE DI CHIETI IGT - Bordinese, Italy - €19.50
PRIMITIVO SALENTO 'ANCILE' DOCG - Conti Uttieri, Italy - €25.50
SIMONSIG CABENET SAUVIGNON-SHIRAZ - South Africa - €24.95
CARMENERE - Central Valley, Chile - €20.50
PINOTAGE - Mountain Ridge, South Africa - €21.50
MALBEC RESERVA - Kaiken, Argentina - €28.50

ROSE WINES

PALATINO ROSE - Malta - €22.50
AURORA - Les Mazelles, France - €22.85
EAGLE CREEK ZINFANDEL ROSE - USA - €19.95

SPARKLING WINE

PROSECCO DOC - La Gioiosa, Italy - €22.95
MOSCATO D'ASTI - Manfredi, Italy - €22.95

WINE BY THE GLASS

White
PALATINO GIRGENTINA - Malta - €5.30
URMENETA SAUVIGNON BLANC - Chile - €4.95
SANT'ORSOLA SOAVE - Sicily, Italy - €4.95
RED
PALATINO MERLOT - Malta - €5.30
URMENETA CABERNET SAUVIGNON - Chile - €4.95
SANT'ORSOLA NERO D'AVOLA - Sicily, Italy - €4.95
Rose
PALATINO ROSE - Malta - €4.95
EAGLE CREEK ZINFANDEL ROSE - USA - €4.95
Sparkling
PROSECCO DOC - La Gioiosa, Italy - €5.50

SPRITZERS

APEROL SPRITZ - Aperol, Prosecco, soda water, fresh orange slices - €7.80
PINK GIN SPRITZ - Gordon's Pink Gin, Bitter Lemon, Prosecco, mixed berries - €7.80
LEMON SPRITZ - Limoncello, Prosecco, Lemonade, fresh lemon slices - €7.80
PASSION FRUIT SPRITZER - Passoa, passion fruit puree, Bitter Lemon, Prosecco - €7.80
LUXARDO BLOODY SPRITZ - Luxardo Liqueur, Campari, Prosecco - €7.80

COCKTAILS

PINA COLADA - White Rum, pineapple juice, coconut cream - €8.00
LONG ISLAND ICED TEA - Vodka, Gin, White Rum, Triple Sec, Tequila, lemon juice, cane sugar syrup, Coke - €8.00
SUMMER VIBE - Vodka, apple juice, watermelon syrup, lime juice - €8.00
CAIPIRINHA - Cachaça, brown sugar, lime wedges - €8.00
NEGRONI - Campari, Vermouth Rosso, Gin - €8.00
CLASSIC MOJITO - White Rum, brown sugar, lime wedges, mint leaves, soda water - €8.00
SEX ON THE BEACH - Vodka, Peach Schnapps, cranberry juice, orange juice - €8.00
CARRIBEAN RUM PUNCH - White Rum, Dark Rum, orange juice, pineapple juice, mixed berries syrup, lime juice - €8.00
ESPRESSO MARTINI - Vodka, Kahlua, espresso, sugar syrup - €8.00
SUMMER PASSION - Passoa, Gin and pineapple juice - €8.00
JALISCO - Tequila, Triple Sec, apple juice, agave syrup, lime juice, Tajin spice - €8.00
COSMOPOLITAN - Vodka, Triple Sec, cranberry juice, fresh lime juice - €8.00
FROZEN STRAWBERRY DAIQUIRI - White Rum, Dark Rum, fresh lime juice, strawberry syrup - €8.00
PORN STAR MARTINI - Vodka, Passoa, passion fruit puree, lemon juice and a side shot of Prosecco - €8.00

NON-ALCOHOLIC COCKTAILS

VIRGIN COLADA - Pineapple juice, coconut cream - €5.25
VIRGIN MOJITO - Brown sugar, lime wedges, mint leaves, soda water - €4.95

SPIRITS AND LIQUERS

Ask your server for selection.