

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,I,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



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



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**