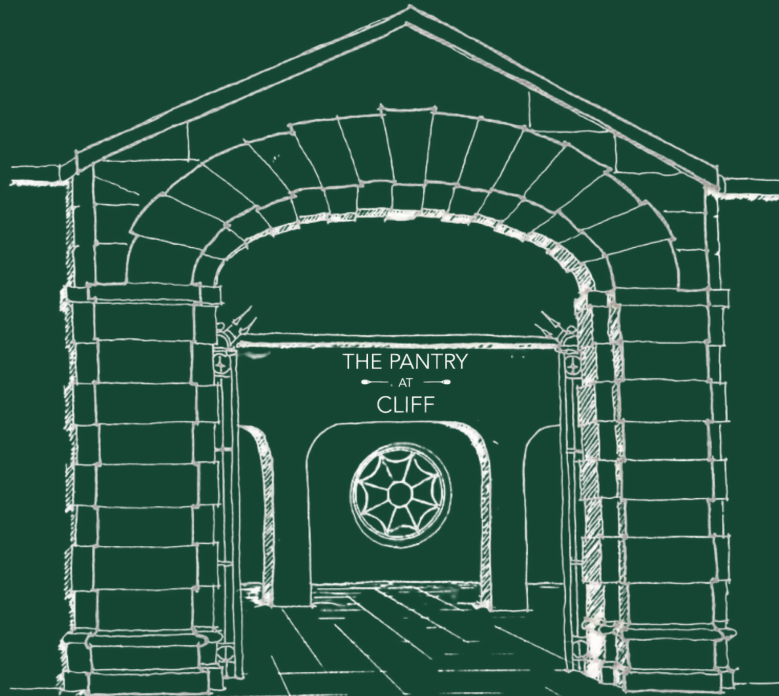




Stables Café

CAFE MENU

FRESH SNACKS

Scones.....€4.00

(2, 3, 8, 13)

Croissants.....€4.00

(2, 3, 8)

Pain au Chocolate.....€4.00

(2, 3, 8)

Slice of Cake.....€4.50

(2, 3, 8, 9)

Cookie.....€3.00

(2, 3, 8, 9)

SAVOURY TREATS

Sausage Roll.....€4.50

(2, 3, 8, 13)

Empanadas.....€4.50

(2, 3, 8, 13)

Spinach Strudel.....€4.50

(2, 3, 8, 11)

Red Pepper Strudel.....€4.50

(2, 3, 8, 11)

TREATS

O'Donnells Crisps.....€2.60

Propercorn Popcorn.....€2.80



1.CELERY



2.GLUTEN



3.EGGS



4.FISH



5.CRUSTASEAN



6.MOLLUSCS



7.LUPIN



8.MILK



9.NUTS



10.PEANUTS



11.SESAME SEEDS



12.SOYBEANS



13.SULPHITES



14.MUSTARD

SANDWICHES

Reuben on Sourdough.....€9.80

(2, 3, 8, 13, 14)

Smoked Salmon on Guinness Bread....€9.00

(2, 4, 8, 13)

Guinness Brown Bread Prawns.....€10.00

(2, 3, 5, 8, 13, 14)

Ciabatta Prosciutto.....€9.80

(2, 8, 9, 13, 14)

Chicken Caesar Salad Wrap.....€9.00

(2, 4, 3, 8, 13, 14)

Ham & Cheese.....€7.00

(2, 3, 8)

SALADS

Chicken Breast, 3 Salad Plate.....€14.50

(2, 8, 13, 14)

Smoked Salmon, 3 Salad Plate.....€16.00

(4)

Quiche, 3 Salad Plate.....€13.50

(2, 3, 8)

Salad Plate, Choice of 3 Salads....€8.50

One Salad.....€3.00



Stables Café



1.CELERY



2.GLUTEN



3.EGGS



4.FISH



5.CRUSTACEAN



6.MOLLUSCS



7.LUPIN



8.MILK



9.NUTS



10.PEANUTS



11.SESAME SEEDS



12.SOYBEANS



13.SULPHITES



14.MUSTARD

BREAKFAST

Served from 9am - 11:30am

Flahavan's overnight oats, fresh yoghurt,
seasonal berry compote...€7.00

(2, 8, 9)

Superior granola, fresh yoghurt, seasonal
berry compote...€7.00

(2, 8, 9)

Seasonal fruit€5.00

Pancake stack, bacon and maple syrup...
€11.00

(2, 3, 8, 13)

Pancake stack with strawberries/fruit &
cream...€11.00

(2, 3, 8, 13)



Stables Café



1.CELERY



2.GLUTEN



3.EGGS



4.FISH



5.CRUSTASEAN



6.MOLLUSCS



7.LUPIN



8.MILK



9.NUTS



10.PEANUTS



11.SESAME SEEDS



12.SOYBEANS



13.SULPHITES



14.MUSTARD

BREAKFAST

Served from 9am - 11:30am

Waterford Blaa, TJ Crowe bacon,
sausage...€8.50

(2, 13)

Waterford Blaa, TJ Crowe sausage...€8.00

(2, 3, 13)

Waterford Blaa, TJ Crowe bacon...€8.50

(2, 3, 13)

Organic free range egg, soldiers...€9.50

(2, 3, 8)

Organic free range scrambled egg,
sourdough toast...€9.50

(2, 3, 8)

Mini Irish Breakfast.....€11.50

3 items, Tea or Coffee, Toast

(2, 3, 12)

WEEKENDS ONLY

Full Irish Breakfast.....€14.50

Tea or Coffee, Toast

(2,3,12)



Stables Café



1.CELERY



2.GLUTEN



3.EGGS



4.FISH



5.CRUSTASEAN



6.MOLLUSCS



7.LUPIN



8.MILK



9.NUTS



10.PEANUTS



11.SESAME SEEDS



12.SOYBEANS



13.SULPHITES



14.MUSTARD

CHILDREN'S MENU

Organic free range egg and soldiers....€9.50
(2, 3, 8)

Half sandwich.....€6.00
(2,8)

Half sandwich and cup of soup.....€9.50

Free-range chicken goujons and house fries
€5.50
(2, 3, 8, 12, 13)

TJ Crowe sausages and house fries....€5.50
(2, 3, 12, 13)

Mini Garden Salad.....€6.00



Stables Café



1.CELERY



2.GLUTEN



3.EGGS



4.FISH



5.CRUSTASEAN



6.MOLLUSCS



7.LUPIN



8.MILK



9.NUTS



10.PEANUTS



11.SESAME SEEDS



12.SOYBEANS



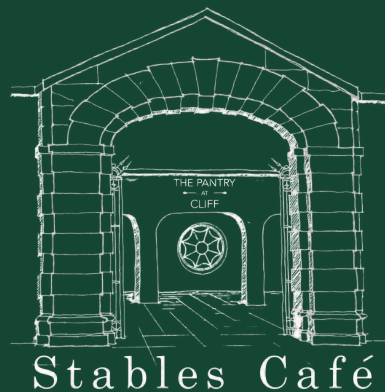
13.SULPHITES



14.MUSTARD

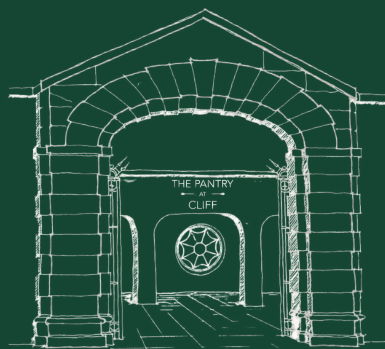
HOT BEVERAGES

Espresso.....	€3.40
Double Espresso.....	€3.70
	8oz 12oz
Americano.....	€3.70 €4.10
Latte/ Capuccino.....	€3.80 €4.20
Chai Latte.....	€3.80 €4.20
Mocha.....	€4.50
Flat White	€3.90
*Extra Shot	€1.50
*Syrup	€0.40
Belgian Hot Chocolate.....	€3.60 €4.50
Babyccino.....	€2.00
Iced Coffee.....	€5.00
Tea.....	€3.30
Herbal Tea.....	€3.50



MINERALS

Coke.....	3.00
Coke Zero.....	3.00
7-Up.....	3.00
7-Up Free.....	3.00
San Pellegrino Lemon.....	3.00
San Pellegrino Orange.....	3.00
Yeats Still Water.....	2.50
Yeats Sparkling Water.....	2.50
Attyflin Apple Juice.....	5.00
Attyflin Apple & Blackcurrant....	4.50
Attyflin Apple & Elderflower.....	4.50



Stables Café

MINERALS

D.P Connolly Wild Elderflower.....	3.20
D.P Connolly Pressed Apple Juice.....	3.20
D.P Connolly Pink Lemonade.....	3.20
King of Kefir Cucumber, Mint & Thyme..	3.20
King of Kefir Hopped Culture.....	3.20
King of Kefir Chilli & Ginger.....	3.95
King of Kefir Lemongrass & Ginger....	3.20
Lemon Effervé Lemonade.....	3.95

FRESH JUICES

Freshly Squeezed Orange Juice.....	5.00
Smoothie of the day.....	6.50
Fresh Juice of the day.....	6.50

