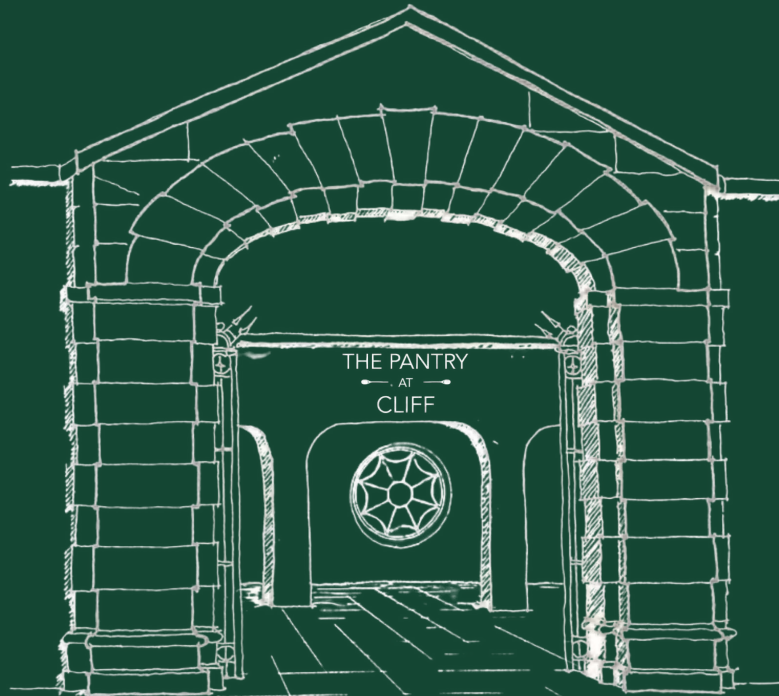




Stables Café

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



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13.SULPHITES



14.MUSTARD



BREAKFAST

Served from 9am - 11:30am

Flahavan's Porridge and Estate Honey.....€7.50
(2, 3, 8, 13)

Organic Free Range Egg and Soldiers.....€10.00
(2, 3, 8) Two eggs

Duck Egg and Soldiers.....€10.00
(2, 3, 8) Two eggs

Fresh Fruit, Glenilen Yoghurt, Granola, Estate Honey..... €11.00
(8,9)

Overnight Oats, Fruit Compote, Granola.....€12.50
(8,9)

Pancakes OR French Toast, Bacon, Maple Syrup€13.50
(2, 3, 8, 13)

Grilled Sourdough, Avocado, Hen Egg, Sriracha Sauce.....€14.50
(2, 3, 8, 13, 14)

Full Irish Breakfast.....€17.50
Bacon, Hen Egg, Pudding, Mushroom, Tomato, Sausage
(2, 3, 8, 13)



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LOCAL EGGS

Served from 9am - 11:30am

Scrambled Eggs.....€15.50
Served with Sourdough Bread
(2, 3, 4, 8)

Poached Eggs.....€15.50
Served with Sourdough Bread
(2, 3, 4, 8)

Extras

Tomato.....€2.00

Bacon.....€3.00

Irish Burren Smoked Salmon.....€4.00

GARDEN JUICES

Estate Garden Juices.....€5.00

Please ask the server for vegan and gluten-free options.



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12.SOYBEANS



13.SULPHITES



14.MUSTARD



HOT DRINKS

Served from 9am - 11:30am

	8 OZ	12 OZ
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 C	
Belgian Hot Chocolate	€3.60	€4.50
Espresso	€3.40	
Double Espresso	€3.70	
Babyccino	€2.00	
Iced Coffee	€5.00	
Tea	€3.30	
Herbal Tea	€3.50	



1.CELERY



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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

Fresh Scone.....€4.00
(2, 3, 8, 13)

Croissant.....€5.00
(2, 3, 8)

Pain au Chocolat.....€4.00
(2, 3, 8)



1.CELERY



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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



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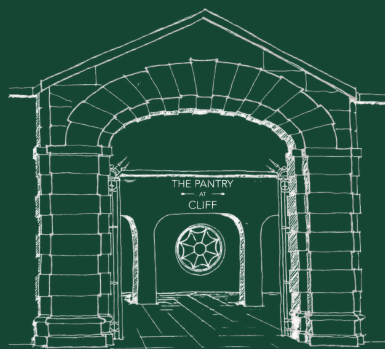
13.SULPHITES



14.MUSTARD

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

