



## BREAKFAST MENU

served until 12 noon

### ~ BREAKFAST ~

**Organic Porridge (1,6,7) €3.50**  
served with choice of topping

Fresh apple / or banana / fresh berries / raisins / honey / seed mix / seasonal fruit compote.

Milk - Cow/Soya/Coconut/Almond

**Buckwheat Granola (7,8) €4.95**

with organic Greek yogurt (7) and seasonal fruit compote.

**Buttermilk Pancakes (1,3,7) €4.95**

Traditional or Banana with choice of topping

Organic Greek yogurt and fresh berries/honey and lemon/almond butter/maple syrup.(7,8)

**Free Range Poached Eggs (1,3,7) €6.95**

Smashed avocado & homemade salsa

Served with buttermilk brown bread or Sourdough.

Add **Andarl Farm** bacon €1.50

**Eggs Florentine (1,3,7) €6.95**

Free range poached eggs, spinach, mushrooms and roasted tomato with hollandaise on toasted ciabatta

Add **Andarl Farm** bacon €1.50

**Breakfast Bap (1,3,7) €7.50**

House made baked beans, **Andarl Farm** bacon, fried egg, Portobello mushroom served on a Waterford Blaa

**Smashing Omelettes €7.95**

Served with buttermilk brown bread.

1. **Andarl Farm** black pudding & **Galway Goat Farm** goat's cheese.(1,3,7)

2. Cajun chicken, mushroom and feta.(1,3,7)

3. Roast veg, cherry tomatoes, and cheddar cheese(1,3,7)

Add extra ingredient for €1.00 (Cajun Chicken, Black Pudding, Chorizo, Ham, Galway Goat Farm Goat's Cheese)

**The Classic Leaf and Bean Irish (1,3,6,7,10) €8.50**

**Andarl Farm** Sausage, Bacon, Black & White pudding, House baked beans, tomato, flat mushroom, Egg your way, black & white pudding. Served with homemade brown bread.

**AJ's Vegan Breakfast €8.50**

Scrambled chickpea, house baked beans, Portobello mushroom, fried tomato, hummus, avocado. Served with sourdough toast.

**Fresh Scone of the Day (1,3,7) €1.95**

served with jam and butter.

**Homemade Brown Bread (1,3,7) €1.95**

served with jam and butter or nut butter.(5,8)

### ~ SMOOTHIES ~

**Mixed Berry (7) €4.00**

Frozen berries, banana, orange juice, Greek yogurt, flaxseeds, honey.

**Greens (8) €4.00**

Spinach, Almond milk, Hemp, Chiai seeds, Spirulina.

**Mango Blast €4.00**

Frozen mango, pineapple juice, berries, lime juice, water, flax.

**Protein Shake (7) €3.00**

Whey protein powder, banana, organic milk.

\*add a shot of protein to your smoothie €1.00

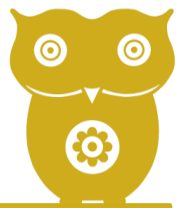
## LEAF AND BEAN

All our eggs are free range. We use direct trade coffee and organic milk. Our local suppliers include:

- Organic Leaves & Veg - Savage Garden & Fuinseog Farm
- Goats Cheese - Galway Goat Farm
- Jams & Chutneys - Lizzy's Homemade Jams
- Organic Beef - Andarl Farm
- Organic bacon, sausage, pudding - Andarl farm
- Ketchups- The Sauce Guy
- Eggs - Galway Free Range
- Coffee - The Coffee Company



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## LUNCH MENU

served from 12 noon

### Homemade Soups of the Day €4.95

Always gluten free and made using real veggies  
served with our homemade brown bread / gluten free bread

### Fresh Scone of the day(1,3,7) €1.95

Served with jam and butter.

### Homemade Brown Bread(1,3,7) €1.95

Served with jam and butter or nut butter.(5,8)

## ~ SANDWICHES ~

### Black Bean Quesadilla(1,7) €6.95

Tortilla with spicy black bean paste, sour cream, jalapeno, mature cheddar cheese, and a zingy salsa.

Add for €1.50, Cajun Chicken, Beef brisket, Chorizo, Falafel.

### Falafel Lunch Box(1,7) €7.95

Organic falafel, slaw with a yogurt and mint dressing  
Served on a Lebanese flat bread with hummus.

Replace with Cajun Chicken, Beef brisket, or Chorizo.

### Chicken Melt(1,3,7) €7.95

Cajun chicken, melted cheddar cheese, jalapenos and spicy mayo on sourdough bread.

### Beef Brisket Blaa(1,3,7,8,10) €8.95

Pulled organic beef brisket slow cooked in tomatoes and spices, slaw, beetroot ketchup. Served in a Blaa.

### Cajun Chicken & Avo Wrap(1,7) €7.95

Cajun chicken and avocado with melted cheddar cheese, sour cream and coriander.

### Goats Cheese Wrap €7.95

Galway Goat Farm goats cheese, hummus, roast veg, rocket and cous cous.

### Tandoori Chicken wrap(1,7,8) €7.95

Spiced chicken, tandoori yogurt sauce, red onion, tomato and salad leaves.

\*Add cup of soup to any of the above sandwiches €2.00

## ~ SALADS ~

### Middle Eastern Superfood Salad (7,8,11) €7.95

Organic seasonal green salad, quinoa, roast chickpeas, roast cauliflower, organic falafel, feta cheese chunks, and dukka, all mixed together with a lemon and olive oil dressing.

Add for €1.50, Cajun Chicken, Beef brisket, Chorizo.

### Moroccan Chicken and Couscous Salad(1,8) €8.95

Harissa and lemon spiced chicken, roast vegetable and couscous salad with a yogurt and mint dressing.

### Goats Cheese, Roasted Beetroot, Hazelnut and Orange Salad(7,8) €7.95

Galway Goat Farm's goats cheese, roasted beetroot, toasted hazelnuts, orange segments, served on a bed of rocket with a Balsamic dressing

Add for €1.50, Cajun Chicken, Beef brisket, Chorizo, Falafel.

### Smoked Chicken, Apple & Walnut Salad(8,10) €7.95

Organic seasonal green salad, smoked free range chicken, a juicy apple, toasted walnuts, red onion and dried cranberries with a lemon & mustard dressing.

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