

# Salads

## I. Salad ->

<b>Legend</b> <b>V</b>	€6.50
Broccoli, feta, cherry tomato, toasted pumpkin seeds & mixed baby leaves.	
<b>Roast Chicken - or - Tuna</b>	
<b>Caesar</b>	€6.00
Cos lettuce, parmesan, croutons.	
<b>With Chicken</b>	€7.00
<b>Greek</b> <b>V</b> <b>L</b>	€6.50
Feta cheese, tomato, red onion, cucumber, black olives, oregano & olive oil.	
<b>Signature</b>	€6.50
Roast chicken, bacon, tomato, red onion, smoked applewood cheddar.	
<b>Roast Chicken - or - Tuna</b>	
<b>Cobb</b>	€6.50
Roast chicken, tomato, red onion, feta, carrot, boiled egg.	
<b>Roast Chicken - or - Tuna</b>	
<b>Garden</b>	€6.50
Hummus, cherry tomato, red onion, semi sundried tomato, cucumber, broccoli, mixed peppers, mixed baby leaves.	

## 2. Dressing ->

<b>Honey Dijon</b>
<b>Tazeki</b>
<b>Raspberry Vinaigrette</b>
<b>Dijon Olive Oil</b>
<b>Herb Oil</b>
<b>+ Extras</b>
<b>Bacon</b> €1.00
<b>Chicken</b> €1.00
<b>Free Range Egg:</b> €1.00
<b>Cheese:</b> 50¢

## 3. Which Way?

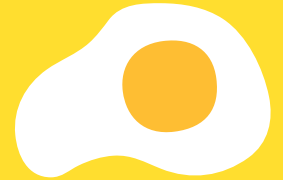
On the Salad

On the Side



[www.honesttgoodness.ie](http://www.honesttgoodness.ie)

- V** Vegetarian
- L** Lighter Choice



All eggs are free range.

# Breakfast

Served from 8:00am until 11:30am

<b>Breakfast Smoothie</b>	€3.20
Banana, oats, honey, greek yoghurt & fresh pressed apple juice.	
<b>Porridge</b> (with one topping)	€3.00
Banana, toasted almonds, fruit salad, honey.	
<b>Extra Topping:</b>	50¢
<b>Granola</b>	€4.00
Oats, pumpkin & sunflower seeds toasted in honey, topped with greek yoghurt & fresh fruit.	
<b>Sausage/Bacon Sambo</b>	€4.00
Choose from bacon or sausage as your filling with butter, relish or ketchup.	
<b>Extra Filling:</b>	€1.50

<b>Egg White Omelette</b>	
Choose 3 of any below with salad & toast.	
Ham, chicken, salmon, turkey, bacon, sausage, cheddar, feta, swiss, red onion, tomato, roast veg.	
€6.00	

<b>Omelette</b>	
Chooses 3 of any below with salad & toast.	
Ham, chicken, salmon, turkey, bacon, sausage, cheddar, feta, swiss, red onion, tomato, roast veg.	
€6.00	

<b>Scrambled Eggs</b>	€5.20
Served on toasted house bread.	
<b>Poached Eggs</b>	€5.20
Served on toasted house bread.	
<b>Fried Eggs</b>	€5.20
Served on toasted house bread.	

<b>+ Extras</b>
<b>Bacon</b> €1.00
<b>Sausage</b> €1.00
<b>Pudding</b> €1.00
<b>Salmon</b> €1.00
<b>Grilled Tomato</b> 50¢

<b>Coffee</b>	<input type="checkbox"/> Decaf
	<input type="checkbox"/> Soya Milk
<b>Americano</b>	€2.20
<b>Cappuccino</b>	€2.50
<b>Latte</b>	€2.50
<b>Double Shot Macchiato</b>	€2.50
<b>Mocha</b>	€2.50
<b>Espresso</b>	€1.50
<b>Double Espresso</b>	€2.00
<b>Flat White</b>	€2.00
<b>Hot Chocolate</b>	€2.50

<b>Tea</b>	
<b>Tea</b> (black tea)	€1.50
<b>Earl grey</b> (black tea)	€1.50
<b>Green</b>	€1.95
<b>Jasmine green</b>	€1.95
<b>Honeybush</b>	€1.95
<b>Rooibos</b>	€1.95
<b>Berry</b> (black tea)	€1.95

<b>Fresh Juices &amp; Smoothies</b>	
<b>Apple Juice</b>	€3.20
<b>Orange Juice</b>	€3.20
<b>Carrot, Apple &amp; Ginger</b>	€3.20
<b>Carrot, Orange &amp; Ginger</b>	€3.20
<b>Kiwi, Pineapple &amp; Banana</b>	€3.20
<b>Apple, Raspberry &amp; Greek yoghurt</b>	€3.20