


SAT, SUN & BH

# BREAKFAST

DAILY UNTIL 12

## THE CLASSICS


NUTTY GRANOLA POT  7.95  
House-baked mixed nut and fruit granola served with greek yoghurt, fresh berry compote, a drizzle of maple syrup (1c 7 8a 8b)

CRUNCHY APPLE PORRIDGE  8.50  
Creamy loaded Flahavin's Porridge, topped with stewed apples with pink peppercorns, toasted almonds, fruity oats & honey (1c 7 8a 8b)

CARESWOOD FRY 14.50  
Clonakilty black pudding, Cork sausages, thick bacon, fried egg, grilled mushroom & a side of vine tomato (1a 1b 3 7 12)

BREAKFAST BRIOCHE 14.75  
Breakfast brioche bun filled with Cork sausages, thick-cut bacon, and a fried Ballyfin Farm free-range egg, topped with melted white cheddar and drizzled with buffalo sauce. Served with a side of rustic fries. (1a 3 7 12)

## LIGHT BITES

FLAPJACKS (1C 7) 4.25  
SAUSAGE ROLLS (1A 2 3 7 12) 6.00  
VEGGIE PASTRIES (1A 2 3 7 12) 6.50  
SCONES (1A 3 7)  3.95

 DAIRY FREE OPTION AVAILABLE

 VEGAN OPTION AVAILABLE  COELIAC FRIENDLY OPTION AVAILABLE


WE ARE USING 100% IRISH BEEF


## CARESWOOD


GARDEN CENTRE CAFÉ

## ULTIMATE BENEDICTS

*Pana toasted sourdough, 2 perfectly poached Ballyfin Farm free range eggs & buttery hollandaise*



BACON  14.00  
Crispy bacon, perfectly soft poached eggs (1a 3 7 12)




ROYALE  14.95  
Ballycotton smoked salmon, perfectly soft poached eggs (1a 3 4 7 12)


FLORENTINE  13.50  
Sautéed spinach and garlic, perfectly soft poached eggs (1a 3 7 12)


## MORE THAN EGGS


*Made with Pana toasted sourdough & Ballyfin Farm free range eggs*

SCRAMBLED   14.25  
Three scrambled eggs, topped with caramelised onions and juicy roasted cherry vine tomatoes. (1a 3 7 1) **ADD Monterey Jack cheese for creaminess 1.50**

INDIEE    14.25  
Guacamole, vibrant pico de gallo style salsa, and Follain tomato relish, finished with two crispy fried eggs. (1a 3 12)

SUMAC TURKISH TOAST  14.25  
Creamy yoghurt infused with sumac, topped with fresh herbs & a vibrant pico de gallo-style salsa & 2 perfectly soft poached eggs. Served with a drizzle of green oil. (1a 3 7 12)

EGG-CELLENT MUSHROOM  14.25  
Garlic & herb infused mushrooms in a creamy Grana Padano sauce, topped with 2 perfectly poached eggs. (1a 3 7)

BREAKFAST TACO BOWL  19.95  
Seasoned Irish ground beef, black beans, sautéed bell peppers served over crispy tortilla triangles, topped with fresh cos lettuce, cheddar cheese, pico de gallo, guacamole, and Ballyfin Farm scrambled eggs. Finished with a drizzle of sriracha and a sprinkle of spring onion (1a, 3, 7)

## PANCAKES

*Light & fluffy buttermilk pancake stack*

MAPLE BLISS 13.00  
Drizzled with warm maple syrup and a pat of Irish butter. (1a 3 7)

BERRY BURST 13.50  
Topped with house-made berry compote, fresh berries & a generous dollop of whipped cream (1a 3 7)

BACON MAPLE CRUNCH 13.50  
Fluffy buttermilk pancakes are topped with crispy bacon and drizzled with rich maple syrup. (1a 3 7)

HAZELNUT DREAM 13.50  
Nutella topped with toasted hazelnuts for a satisfying crunch, with a side of Glenown Vanilla Ice cream. (1a 3 7 8d)

APPLE & CINNAMON 13.50  
Warm apple, Biscoff butter, Glenown bourbon vanilla ice cream & biscoff biscuit (1a 3 7)

## ADD ONS

2 slices thick cut bacon	3.95	2 Ballyfin farm eggs	5.00
2 Cork sausages (1a 12)	3.95	Rustic fries	5.00
Black pudding (1b 12)	2.80	Bacon & Hollandaise	
Grilled tomato	1.50	Fries (3 7 12)	7.95
Roast mushroom (7)	2.25	2 slices toast 1a	4.75
Smoked salmon (4)	5.50	Side of guacamole	3.80
Side of spinach (7)	2.80		

## SAUCES

Hollandaise sauce (7 12) 1.80 Buffalo sauce (7) 0.90

*\*allergens change daily please ask your server*


1a. Wheat 1b. Barley 1c. Oats 2. Crustaceans 3. Eggs 4. Fish 5. Peanuts 6. Soybeans 7. Milk 8a. Almonds 8b. Cashews 8c. Brazil nuts 8d. Hazelnuts 8e. Pecans 8f. Pistachios 8g. Walnuts 9. Celery 10. Mustard 11. Sesame 12. Sulphites 13. Lupin 14. Molluscs

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# LUNCH

DAILY FROM 12

## LIGHT BITES


SOUP  8.50  
Served with a slice of house made soda bread (1a 3 7 9)

QUICHE 14.50  
Served with tossed baby leaf salad and Folláin tomato relish (1a 3 7 10 12)




BUFFALO CHICKEN TENDERS 11.95  
Crispy chicken tenders tossed in spicy Buffalo sauce, served with a side of creamy blue cheese dressing (1a 3 7 12)

SCAMPI 18.95  
Succulent tiger prawns coated in crispy panko bread crumbs, served with tangy tartar sauce, a fresh side salad & rustic fries (1a 2 3 7 10 12)

## SALAD

CAESAR  13.50  
Baby gem lettuce, garlic herb croutons, cherry vine tomatoes, bacon crumb, buttermilk parmesan dressing (1a 3 4) Make it CHICKEN CAESAR 18.50


CARESWOOD GARDEN BOWL 13.50  
A vibrant bowl of crispy chickpeas, cherry vine tomatoes, garlic-infused spinach, a medley of roasted vegetables, baby gem, all drizzled with a tangy sumac yogurt dressing (7 12) ADD protein



THE RANCH SALAD    13.50  
Baby gem lettuce, red cabbage, cherry vine tomatoes & cucumber, topped with Monterey Jack cheese, Irish cheddar, crispy croutons, drizzled with house-made ranch sauce (1a 3 7) ADD crispy chicken tenders (1a 3 7) 5.25

## SANDWICHES

Served with Cup of soup OR House Fries

CARESWOOD TOASTIE    14.50  
Pana sourdough with Irish glazed ham, caramelised onions, tomatoes and Irish Cheddar Cheese (1a 7)

ZESTY CHICKEN PESTO CIABATTA  14.50  
Succulent chicken and zesty lemon aioli on a toasted ciabatta, layered with fresh basil pesto, vine-ripened tomatoes, baby leaves (1a 7)

GRILLED VEGETABLE & HALLOUMI   14.50  
A medley of roasted vegetables, mixed leaves, halloumi and sundried tomatoes with house made pesto (1a 7)

## MAIN

THE CRISPY CHICKEN 19.50  
Crispy marinated chicken strips, toasted brioche bun, baby gem lettuce, tomato, spicy buffalo sauce, Cashel blue (1a 3 7)

THE MEXI HASH 18.95  
Crispy cubed Irish potatoes topped with seasoned taco beef, cheese, jalapeños, chilli and a spicy sriracha mayo finish (1,3,7,10)

THE STEAK   21.95  
6 oz O'Connors sirloin steak served in a toasted garlic Pana ciabatta, topped with caramelized onions and mushrooms, garlic aioli, mixed leaves & rustic fries (1a 3 7 12)

## ADD ONS

Rustic fries 5.00  
Loaded fries 6.95  
Roasted veggies 5.00  
Garlic bread (Ciabatta) (1a 7) 2.50  
Autumn slaw (3 6 7) 3.50

## SAUCES

Hollandaise sauce (7 12) 1.80 Buffalo sauce (7) 0.90

## LOADED FRIES

Hollandaise & bacon crumb loaded fries (3 7 12) 7.95  
Buffalo sauce & blue cheese loaded fries (7 12) 7.95

## ADD PROTEIN

Grilled Halloumi (7) 4.50  
Pan fried chicken 5.00  
Smoked salmon (4) 5.50  
Baked ham 4.50

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# BRUNCH

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INDIEE    14.25  
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## BUTTERMILK PANCAKES STACK

MAPLE BLISS 13.00  
Drizzled with warm maple syrup and a pat of Irish butter. (1a 3 7)

BERRY BURST 13.50  
Topped with house-made berry compote, fresh berries, and a generous dollop of whipped cream. (1a 3 7)

BACON MAPLE CRUNCH 13.50  
Topped with crispy bacon and drizzled with rich maple syrup. (1a 3 7)

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## BOOST

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NUTTY GRANOLA POT 7.95

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