



### **Breakfast**

<b>Firehouse Bakery toasted Malthouse Sourdough</b> butter, mixed berry compote (g,d) *Vegan w/ no butter	3
<b>Urban Health Vegan Granola</b> greek yogurt, desiccated coconut, berry compote, fresh strawberry. (g,d) *vegan with dairy free milk alternative (€1) oat / soy / almond / hazelnut / coconut	6
<b>Flahavan's Organic Porridge</b> oat milk, fresh strawberry, mixed seeds & honey (g,ss) Add on : mixed berry compote / peanut butter (p) €1 almond butter (n) €1.50	6
<b>Urban Proats</b> - Flahavan's Organic Oats, ,vanilla <b>whey</b> protein powder, oat milk, strawberry, mixed seeds & honey (g,ss,d) vegan protein 50c add: mixed berry compot / peanut butter (n) €1 almond butter (n) €1.50	7
<b>Açaí Bowl</b> frozen berries, banana, açai powder topping With kiwi, coconut, chia seeds and strawberries	8
<b>Breakie Wrap</b> spinach, cherry tomatoes, boiled eggs, sundried tomato pesto in a toasted tomato base wrap (g,e,n) *Swap egg for tofu to make vegan (€1). ( <b>Tofu contains n, ss, g, s, cy, md</b> )	7.50

### **Brunch**

<b>Brunch wrap</b> Burren smokehouse hot salmon, spinach, cherry tomatoes avocado, boiled egg & sun dried tomato pesto in a tomato based wrap (f,g,e,n)	10
<b>Smashed Avocado on Toast</b> Firehouse Bakery toasted Malthouse Sourdough, smashed avocado, mixed greens, mixed seeds (g, n) add: poached egg (e) €2 scrambled egg (e) €2.50 feta (d) €2.50 scrambled tofu (g,n,s,ss, may contain cy,md) €3 Burren Smokehouse salmon (f) €3.50	9
<b>Salmon Bun</b> Burren Smokehouse hot smoked salmon on a brioche bun, dill and lemon mayonnaise, sliced cucumber, mixed leaves & poached egg (g,f,e,s,d,md. may contain soy)	12
<b>French Toast</b> Firehouse Bakery Brioche dipped in a rich egg batter, served golden-brown, lightly dusted with icing sugar, honey and fresh berries (e,g,d)	9.50
<b>Urban Eggs</b> free range scrambled eggs, Firehouse Bakery toasted Malthouse Sourdough, basil pesto, mixed leaves, chili (e,g,n)	11
<b>Scrambled Tofu</b> - scrambled sesame & almond tofu, Firehouse Bakery toasted Malthouse Sourdough, basil pesto, mixed leaves, chilli (g,n,s,ss, may contain cy,md)	11

Wifi: Urban123

\*Please place order at counter

Allergens: Gluten (g), Crustaceans (c), Egg (e), Fish (f), Molluscs (m), Soy (s), Peanuts (p),  
Nuts (n), Celery (cy), Mustard (md), Sesame (ss), Dairy (d)

Due to the high volume of nuts used in our kitchen all our dishes may contain traces of nuts!

### Protein Pancakes

#### **Sweet Cheeks**

10.50

protein pancakes, honey, fresh berries, lightly dusted w/ icing sugar **(mk,e)**  
**(Protein powder used is manufactured in a facility that produces other products therefore it may contain traces of gluten, soy, egg, peanuts, nuts, celery, fish & crustacean)**

#### **Urban Protein**

12

protein pancakes, Greek Yogurt, berry compote, flaked almonds, honey, fresh berries, lightly dusted with icing sugar **(mk,e,n)**  
**(Protein powder used is manufactured in a facility that produces other products therefore it may contain traces of gluten, soy, egg, peanuts, nuts, celery, fish & crustacean)**

Add on : peanut butter **(p)** €1  
 banana €1  
 almond butter **(n)** €1.50

### Lunch

**Soup** - served with Firehouse Bakery toasted Malthouse Sourdough (see counter for daily options) 6

**Loaded Mexican Sweet Potato** 9  
 mixed bean salsa, avocado & lime  
 add: feta **(d)** €2.50  
 Chicken / turkey / tuna mayo (f, e, md) €2.50  
 tofu **(g,n,s,ss, may contain cy,md)** €3  
 Burren Smokehouse salmon **(f)** €3.50

**Urban Turkey Burger** 13  
 grilled Irish turkey breast on a brioche bun, smashed avocado, mixed leaves, cherry tomatoes & Mayonnaise. Served with broccoli, feta, tomato salad & beetroot and carrot slaw  
**(n,g,mk,ss,e,md, may contain s)**

### Toasties

#### **The Classic**

cheddar cheese, caramelised onion, tomato on firehouse bakery multi-seed **(g,d)**

#### **The spicy**

chicken chipotle, cheddar on firehouse multi-seed **(g,d)**

#### **The Urban**

cranberry & brie on firehouse multi-seed **(g,d)**

Add on : Chicken/Turkey/ Tuna **(f)** €2.50  
 Gluten-free & Vegan options €1

### Combos

10

Soup and Toast combo

Soup & Wrap combo  
 (pre-made wraps in fridge or make your own)

Soup & Salad Combo  
 (choose 3 small veggie salads at counter)

**See counter area to make your own salad /wrap  
 & for daily soups & hot pots**

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