



All day brunch

Firehouse Bakery toasted Malthouse Sourdough

Served w/ butter (**gluten (wheat) & dairy (butter)**)

*Vegan w/ no butter

Urban Health Vegan Granola

Served with vanilla vegan yogurt (soy), desiccated coconut, fresh strawberry, mixed berry compot (**gluten (oats) & soy**)

Flahavan's Organic Porridge

oat milk, fresh strawberry, mixed seeds & agave (**gluten (oats))**

*vegan

Add on : peanut butter (**peanuts**) €1

almond butter (**almonds**) €1.50

Urban Proats

Flahavan's Organic Oats, ,vanilla **wh**ey protein powder,

oat milk, strawberry, mixed seeds & agave (**gluten (oats), dairy (milk))**

*vegan protein 50c

add: peanut butter (**peanuts**) €1 almond butter (**almonds**) €1.50

Açaí Bowl

frozen berries, banana, açai powder topping

with kiwi, coconut, chia seeds, strawberries & granola (**gluten - oats**)

*Vegan

Breakie Wrap

spinach, cherry tomatoes, boiled eggs, avocado,

sundried tomato pesto in a toasted tomato base wrap

(**gluten (wheat), egg, almonds**))

Vegan Breakie Wrap

spinach, cherry tomatoes, tofu, avocado,

sundried tomato pesto in a toasted tomato base wrap

(**gluten (wheat), soy, almonds**))

Brunch Wrap

Hot Smoked salmon, spinach, avocado, cherry tomatoes

avocado, boiled egg & sun dried tomato pesto in

a tomato based wrap (**fish, gluten (wheat), egg, nuts (almonds)**))

3

Smashed Avocado on Toast

Firehouse Bakery toasted Malthouse Sourdough, smashed avocado, mixed greens, mixed seeds (**gluten (wheat)**)

add: poached egg (**egg**) €2

scrambled egg (**egg**) €2.50

feta (**dairy**) €2.50

scrambled tofu (**gluten (soy), nuts (almonds), soy, sesame**) €3
(**may contain celery, mustard**)

Hot Smoked salmon (**fish**) €3.50

Vegan salmon (**sesame, soy**) €2

6

French Toast

Firehouse Bakery Brioche dipped in a rich egg batter, served golden-brown, w/ honey, mixed berry compot, greek yogurt, fresh berries & flaked almonds
(**egg, gluten ,dairy (milk & butter), nuts almonds**)

7

Urban Eggs

free range scrambled eggs, Firehouse Bakery toasted Malthouse Sourdough, basil pesto, mixed leaves, chilli (**egg, gluten (wheat), nuts (cashew)**)

8

add: feta (**dairy**) €2.50

scrambled tofu (**gluten (soy), nuts (almonds), soy, sesame**) €3
(**may contain celery, mustard**)

Hot Smoked salmon (**fish**) €3.50

Vegan salmon (**sesame, soy**) €2

7.50

Scrambled Tofu

scrambled silken tofu,

Firehouse Bakery toasted Malthouse Sourdough, basil pesto, mixed leaves, chilli

(**gluten (soy & wheat), Soya**)

*Vegan

8.50

Vegan Chocolate Waffles

Chocolate waffles, vegan vanilla yogurt, mixed berries, flaked almonds, toasted granola. *contain gluten (oat), soy & nuts (almonds)

10

9

10.50

11

11

12

Protein Pancakes

Sweet Cheeks

protein pancakes, honey, fresh berries, lightly dusted w/ icing sugar
(dairy (milk,) gluten (wheat), egg)

10.50

The Urban

protein pancakes, Greek Yogurt, berry compote, flaked almonds,
honey, fresh berries, lightly dusted with icing sugar
(dairy (milk), gluten (wheat), nuts (almonds), egg)

12

Add on : peanut butter **(peanuts)** €1
 banana €1
 almond butter **(almonds)** €1.50

Soup

served with Firehouse Bakery toasted Malthouse Sourdough
Bread contains gluten (wheat)
(see counter for daily options)

6

Toasties

The Classic

cheddar cheese, caramelised onion, tomato on firehouse
bakery multi-seed **(gluten (wheat), dairy (milk & cheese))**

The spicy

chicken chipotle, cheddar on firehouse multi-seed
(gluten (wheat),dairy (milk & cheese), mustard)

Brie-licious

Serrano ham, honey, spinach & brie on firehouse multi-seed
(gluten (wheat),dairy (milk & cheese))

6

7.50

The NYC

Pastrami, braised cabbage, mozzarella , pickle on firehouse multi-seed
(gluten (wheat),dairy (milk & cheese), mustard)

7.50

Add on : Chicken €2.50
 Gluten-free & Vegan options €1

Combos

Soup and Toastie Combo (The Classic & The Spicy)

10

Soup & Toastie Combo (Brie-licious & The NYC)

11.50

Soup & Wrap Combo (choose wrap from fridge)

10

See fridge for take away salads / wraps / treats

Please place your order at the counter

Due to the high volume of nuts used in our kitchen there may be traces of nuts in all dishes

