

Weekday Lunch Menu



Hot

Fish Cakes — 16.50 (H)
Seasonal Vegetable Salad, Baby Leaf, Cucumber, Tomato and Spring Onion, Aioli and Lemon

Chicken and Summer Herb Pie — 14.50
Served with Champ and Watercress

Homemade Vegetable Soup — Starter 4.50 / Main 6.50
Served with Soda Bread and Butter

Chicken Soup — 7.50 (H) + Kale Topper — 1.20 / Seaweed Topper — 50p
Made with J+A's Homemade Free Range Chicken Stock and served with Soda Bread

Baked Potato (N/GF) — 9.50
1. Cooleeney Camembert Cheese (V) 2. Cashel Blue (V) 3. Gubbeen Cheese 4. Ham Hock
Served with Baby Leaf Salad, Walnuts and Ballymaloe

Sandwiches

J+A Club Sandwich — 9.50
Triple decker with Free Range Roast Chicken, Bacon, Avocado, Tomato, Baby Leaf + Mayo

Roast Chicken Sandwich — 7.50 (H)
Free Range Roast Chicken, Baby Leaf, Tomato and Wholegrain Mustard Mayo

Crab and Lime Aioli — 6.50 Starter / 12.50 Main
Open Sandwich on J+A's freshly baked Soda Bread and Butter with Watercress

Organic Smoked Salmon from Inverawe — 6.50 Starter / 12.50 Main
With Irish Soda Bread and Baby Leaf Salad, Cucumber, Tomato and Spring Onion

Irish Cheese Toastie — 9.00
1. Gubbeen Cheese, Spring Onion and Ballymaloe Country Relish with Baby Leaf Salad
2. Cooleeney Camembert (V) and Ballymaloe Country Relish with Baby Leaf Salad

J+A Salads - See our Healthy and Nutricious Salads on the Counter

All J+A Salads are a combination of a delicious selection of seasonal, healthy and nutritious salads with your choice of topping.....

Smoked Mackerel, Poached Egg and Alfalfa (GF/DF) — 14.50

Free Range Chicken (H, GF) — 14.50

Goats Cheese or Halloumi with Tzatziki (V, GF) — 10.50

Seasonal Quiche (V) — 9.50
Served with Seasonal Vegetable Salad, Baby Leaf, Cucumber, Tomato and Spring Onion

Starters & Boards

Organic Smoked Salmon from Inverawe
With Irish Soda Bread and Baby Leaf Salad — Starter 6.50 / Main 12.50

Crab and Lime Aioli — 6.50 Starter / 12.50 Main
Open Sandwich on J+A's freshly baked Soda Bread and Butter with Watercress

Homemade Soup — Starter 4.50
+ Half Roast Chicken Sandwich — 3.50 / Half an Irish Cheese Toastie — 4.50

Irish Cheese Board — 12.50 / One Cheese and Soda Bread — 5.00
Cashel Blue (V), Gubbeen, Cooleeney Camembert (V) with Soda Bread and Ballymaloe

Charcuterie Board from the Gubbeen Smokehouse Co. Cork — 16.00
Salami, Pepperoni and Chorizo with Caperberries, Gherkins and Granary Bread

J+A Seafood Board — 18.00
Organic Smoked Salmon from Inverawe, new season's Crab, Mackerel Pate, Watercress and Caperberries with J+A's freshly baked Soda Bread

*There was an old women who lived
in a lamp; she had no room to
beetle her champ*

Extras

Champ - Mashed Potatoes with Spring Onion, Irish Butter and Atlantic Sea Salt — 2.50

Kale Topper — 1.20 / Seaweed Topper — 50p

Side Salad — 3.50 / Side Special Salad — 4.50 / Avocado — 2.50

Ballymaloe Country Relish — 70p

Bread Basket — 3.50 / Free From Gluten Bread — 1.50 / 1 Slice Soda Bread — 1.00

Organic Smoked Salmon — 6.00

Halloumi — 2.50 / Goats Cheese — 3.00 / Irish Cheese — 3.50

Ham Hock — 3.50 / Roast Chicken — 4.50

Poached Egg — 1.50

V — Vegetarian, H — Healthy, GF — Gluten Free*
DF — Dairy Free, N — Contains Nuts, C — Caffeine

*Allergen Advice: at J+A Cafe we do use and store foods containing allergens.
We follow correct procedure to avoid cross-contamination but cannot guarantee no-trace.

Follow us on Twitter + Instagram — @jandacafe

Irish Home Food

Healthy, wholesome home cooking and baking

Beer — Please ask to see our Wine List

Meantime London Lager 4.5% — 4.40
Meantime London Pale Ale 4.3% — 4.80
Guinness Draft 4.1% — 4.80
Peroni Bottle 5.1% — 4.00
Cidre Breton 5.0% 330ml — 4.00 Large Bottle — 9.50

Irish Craft Beer
Little Fawn Session IPA 330ml 4.2% 3.90
Finnabhair Belgian Wit 330ml 5% 3.90
Red Doe Red IPA 330 ml 5.6% 4.40
Roc Modern Piles 220ml 4.5% 4.10
Bran and Sceolan Irish IPA 7.2% 4.90

Refreshments

PRESS Juices — 4.50
PRESS Immunity Health Tonic Shot — 3.50
Smoothie of the Day — 4.80
Orange Juice — 3.50 / Cloudy Apple Juice — 3.50
Pink lemonade — 3.00 / Large Bottle — 8.00
Plum + Cherry — 3.00
Sloe Lemonade — 3.00
Pear and Elderflower — 3.00
Strawberry + Rhubarb — 3.00
Ginger Beer / Curiosity Cola / Victorian Lemonade — 3.00
Coke / Diet Coke — 3.50
Club Orange / Club Lemon / Cidona — 2.50
Ballygowen Still / Sparkling Water — 2.50

Coffee + Tea

Specialist coffee from Atkinson's Coffee Roasters Lancaster 'Archetype Blend'
Espresso / Macchiato — 1.80 / 2.00
Flat White / Latte / Cappuccino — 3.00
Americano — 2.60
Mocha / Hot Chocolate / Iced Coffee / Chai Latte / Golden Latte — 3.30
Matcha Latte — 3.60
Large Pot of Coffee — 7.50
J+A Irish Coffee — 6.50

Tea — 3.00
Irish Breakfast (C), Earl Grey (C), Chai (C), Jasmine (C), Wild Blackberries, Chinese Rose Petal, Blood Orange Fruit Tea, Eygyptian Mint, Silver Needle, Orchid Oolong (C), Breakfast Rooibos, Green Chinese Sencha (C), Lapsang Souchong (C), Chamomile, Darjeeling Almond or Soya Milk — 0.50

J+A's Natural Hot Drink Remedy.....if you are feeling under the weather — 3.80
1. Lemon, Ginger, Honey and Carageen Wild SeaWeed - Colds and Coughs
2. Chai, Almond Milk, Cinamonn, Nutmeg and Tumeric - Invigorating Stress Buster