

Weekday Lunch Menu

12 — 3.30pm



Hot

Irish Stew — 12.50 (H)

Traditional Stew of Lamb, Carrots, Potatoes and Parsely

Wholesome Seasonal Pie — 12.50

With a Potato Top served with Seasonal Greens

Chicken Soup — 6.50 (H) + **Kale Topper** — 1.20 / **Seaweed Topper** — 50p

Made with J+A's Homemade Free Range Chicken Stock and served with Soda Bread

Seasonal Vegetable Soup— 6.50 (V, H)

Served with Soda Bread and Butter

Baked Potato (N/GF) — 9.50

1. Cooleeney Camembert Cheese 2. Cashel Blue 3. Gubbeen Cheese 4. Ham Hock

Served with Baby Leaf Salad, Beetroot and Carrot Salad, Walnuts and Ballymaloe Tomato

J+A Salads

— See our Healthy and Nutritious 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

Salt Beef and Gherkin (H, GF) — 14.50

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

Seasonal Quiche (V) — 9.50 With a mixed Seasonal Salad

Sandwiches

J+A Club Sandwich — 9.50

Triple decker with Free Range Roast Chicken, Bacon, Avocado, Tomato, Baby Leaf + Mayo

Roast Chicken Sandwich — 6.50 (H)

Free Range Roast Chicken, Baby Leaf, Tomato + Wholegrain Mustard Mayo

Salt Beef Sandwich on Rye Bread — 8.50

Salt Beef, Beetroot, Gherkin and English Mustard

Goats Cheese Sandwich Toasted on Granary Bread — 8.00 (V)

With Cucumber and Pickled Beetroot

Gubbeen Cheese Toastie — 8.50

1. Gubbeen Cheese, Spring Onion and Ballymaloe Country Relish with Baby Leaf Salad

2. Cooleeney Camembert and Ballymaloe Country Relish with Baby Leaf Salad

Starters & Boards

Organic Smoked Salmon from The Burren Smokehouse

With Irish Soda Bread and Baby Leaf Salad — Starter 6.50 / Main 12.50

Homemade Soup — Starter 4.50 / Main 6.50

+ Half Roast Chicken Sandwich — 3.50 / Half a Gubbeen Cheese Toastie — 4.50

Irish Cheese Board — 10.50 **One Cheese and Soda Bread** — 4.50

Cashel Blue, Gubbeen, Cooleeney Camembert with Soda Bread and Ballymaloe Tomato Relish

Charcuterie Board from the Gubbeen Smokehouse Co. Cork — 16.00

Salami, Pepperoni and Chorizo with Caperberries, Gerkins and Granary Bread

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

Extras and Toppers

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

Colcannon - Mashed Potatoes with Cabbage, 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** — 2.00

Ballymaloe Country Relish — 70p

Bread Basket — 3.50 / **Free From Gluten Bread** — 1.50

Halloumi —2.50 / **Goats Cheese** — 3.00

Irish Cheese —3.50 / **Ham Hock** — 3.50 / **Salt Beef** — 3.50

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.

* All Gluten Free Salads using GM Free and Soy Free Rapeseed Oil

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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 4.2%— 3.90

Fionnabhair Belgian Wit 5%— 3.90

Red Doe Red IPA 6.6% — 4.10

Refreshments

PRESS Juices — 4.50

PRESS Immunity Health Tonic Shot — 3.50

Smoothie of the Day — 4.80

Orange Juice — 3.00 / Cloudy Apple Juice — 3.00

Pink lemonade —3.00 / Large Bottle — 8.00

Plum + Cherry — 3.00

Sloe Lemonade — 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 — 1.60 / 1.80

Flat White / Latte / Cappuccino — 2.90

Americano — 2.40

Mocha / Hot Chocolate / Iced Coffee / Chai Latte / Golden Latte — 3.00

Matcha Latte — 3.40

Large Pot of Coffee — 6.50

J+A Irish Coffee — 6.00

Tea — 2.80

Irish Breakfast (C), Earl Grey (C), Chai (C), Jasmine (C), Wild Blackberries, Chinese Rose Petal, Blood Orange Fruit Tea, Egyptian Mint, Silver Needle, Orchid Oolong (C), Breakfast Roobois, Green Chinese Sencha (C), Lapsang Souchong (C), Chamomile, Darjeeling **Almond or Soya Milk** — 0.30

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