

Weekday Lunch Menu

12 — 3.30pm



Hot

Irish Stew — 12.50 (H)

Wholesome Stew of Lamb, Carrots, Potatoes and Parsely with Pearl Barley

Steak and Kidney Pie — 12.50

Traditional Pie of Steak and Kidney, Carrots, Mushrooms with Champ or Colcannon

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

Colcannon Soup— 5.50 (V, H)

Potato, Leek and Kale Soup 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, Pickled Beetroot, Walnuts and Ballymaloe Tomato Relish

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

Organic Smoked Salmon and Cream Cheese Sandwich — 9.50

Smoked Salmon from The Burren Smokehouse with Cream Cheese, Cucumber, Capers and Dill

Halloumi Sandwich on Toasted Granary Bread — 8.00 (V)

With Pickled Cabbage, Beetroot + Tzatziki

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

Salads

— See our selection of Healthy and Nutricious on the Counter

Super Food Smoked Mackerel Salad (GF/DF) — 12.50 (*sesame, *soya)

High nutritional value salad with Brown Basmati Rice, Black Wild Rice, with Kale, grated Carrot, Baby Leaf + Herbs, Beetroot, Poached Egg, Alfalfa + Pumpkin Seeds

Seasonal Quiche (V) — 9.50

Served with Baby Leaf Salad, Pickled Beetroot, Gerkins, Cucumber and Cherry Tomato

J+A Salad topped with Goats Cheese or Halloumi (V, GF) — 10.50

A delicious selection of seasonal healthy and nutritious daily special salads

J+A Salad with Free Range Roast Chicken (H, GF) — 14.50

A delicious selection of seasonal and healthy and nutritious daily special salads

Starters & Boards

Bread Basket — 3.50

White Crusty Bread, Granary and Freshly Baked Irish Soda Bread with Irish Butter

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

Golden Mash - Carrott and Swede, Sweet and Nutritious — 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

Free From Gluten Bread — 1.50

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

Irish Cheese —3.50 / **Ham Hock** — 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

Irish Craft Beer

Mescan Blond Beer 5.5% — 5.60

Mescan Red Tripel 8.5% — 5.90

Little Fawn Session IPA 4.2% — 3.90

Kölsch Style Ale 4.6% —3.90

Howling Gale Pale Ale 5.0% — 4.20

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

Refreshments

PRESS Juices — 4.80 — See Juice Menu

Smoothie of the Day — 4.50

Orange Juice — 3.00 / Cloudy Apple Juice — 3.00

Pink Lemonade — 2.80 / Large Bottle — 8.00

Plum + Cherry — 3.00 / Sloe Lemonade — 3.00

Pear + Elderflower — 3.00

Strawberry + Rhubarb — 3.00

Ginger Beer / Curiosity Cola / Victorian Lemonade — 2.90

Coke / Diet Coke — 3.50

Club Orange / Club Lemon / Cidona — 2.50

Ballygowen Still / Sparkling Water — 2.00

Coffee + Tea

Specialist Coffee from Atkinson's Coffee Roasters Lancaster 'Archetype Blend'

Espresso / Macchiato — 1.40

Flat White / Latte / Cappuccino — 2.80

Americano — 2.40

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

Large Pot of Coffee — 6.50

J+A Irish Coffee — 6.00

+ 25ml Shot of Jamsons Whiskey or Baileys in your Coffee — 4.50

Tea — 2.80

Barry's Irish Breakfast (C), Earl Grey (C), Chai (C), Assam (C), Darjeeling (C), Jasmine (C),

Mint, Orchid Oolong (C), Silver Needle (C), Breakfast Roobois, Green Chinese Sencha

(C), Lapsang Souchong (C), Chamomile, Chinese Rose - 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