

# Weekday Lunch Menu

12 — 3.30pm



## Hot

**Fish Cakes** — 16.50 (H)  
Served with a selection of J+A Salads, Aioli and a Lemon Wedge

**Chicken and Summer Herb Pie** — 14.50  
Served with Champ, Colcannon and Watercress

**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**— 5.50 (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 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

**Sirloin Steak and Dijonaise (H, GF)** — 14.50

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

**Seasonal Quiche (V)** — 9.50 — With Baby Leaf Salad, Cucumber and Tomato  
— 12.50 — With a selection of J+A Salads

## 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

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

**Goats Cheese Sandwich Toasted on Granary Bread** — 8.00 (V)  
With Grated Carrot, Beetroot + Tzatziki and a Baby Leaf Salad

**Gubbeen Cheese Toastie** — 8.50

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

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

**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

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

*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

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**  
Boundary - Push Pull IPA - 330ml - 5% £4.20  
Rascals - Wunderbar IPA - 330ml - 6% £3.90  
Metalman Lager - 330ml - 4.5% £3.90  
Litte Fawn IPA - 330ml - 4.2% £3.90  
Moure Mist Pilsner - 330ml - 4.5% £3.90  
Dan Kelly's Irish Cider - 500ml - 4.5% £3.90  
Mescan White Beer - 330ml - 5.2% £5.60 / Westport Extra - 330ml - 9% £5.90

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

BLEND AND PRESS Juices — 4.80  
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

- Lemon, Ginger, Honey and Carageen Wild SeaWeed - Colds and Coughs
- Chai, Almond Milk, Cinamonn, Nutmeg and Tumeric - Invigorating Stress Buster