

# Weekday Lunch Menu

12 — 3.30pm



## Hot

**Seasonal Venison Stew — 14.50 (H)**  
Traditional Stew of Venison, Bacon, Mushroom and Carrots served with Colcannon

**Traditional Turkey and Ham Pie — 12.50**  
Served with Champ and Seasonal Greens

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

**J+A 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 Christmas Club — 9.50**  
Triple decker with Free Range Roast Turkey, Yule-Tide Ham, Stuffing, Cranberry Sauce, Baby Leaf + Mayo

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

**Glazed Yule-Tide Ham Sandwich — 8.50**  
Traditional Festive Ham with English Mustard

**Irish Cheese Toasties — 9.00**  
1. Gubbeen Cheese, Spring Onion and Ballymaloe Tomato Relish  
2. Cooleeney Camembert (V) and Cranberry Sauce  
3. Cashel Blue Cheese (+ Ham Hock 1.50 + Clonekilty Black Pudding 1.50)  
Served with Baby Leaf Salad, Cucumber, Tomato and Spring Onion

## 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 Roast Turkey (H, GF) — 14.50**

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

**Seasonal Quiche (V) — 9.50**  
Served with Baby Leaf Salad, Cucumber, Tomato and Spring Onion  
+ Seasonal J+A Salads — 12.50

## Starters & Boards

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

**Pate and Irish Soda Toast — 8.50**

**Sausage Rolls — 5.00**

**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

*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 (See Counter) / Avocado — 2.50**

**Ballymaloe Country Relish — 75p**

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

**Organic Smoked Salmon — 5.00**

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

**Ham Hock — 3.50 / Free Range Roast Turkey — 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.  
Please inform your waiter or waitress of any Allergies.

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# Irish Home Food

## Healthy, wholesome home cooking and baking

## Beer — Please ask to see our Wine List and Festive Treats Menus

Meantime London Lager 4.5% — 4.60  
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  
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

**T ea — 3.00**  
Irish Breakfast (C), Earl Grey (C), Chai (C), Jasmine (C), Chinese Rose Petal, Blood  
Orange Fruit Tea, Eyygypian Mint, Silver Needle, Orchid Oolong (C),  
Breakfast Roobois, Green Chinese Sencha (C), Lapsang Souchong (C), Chamomile,  
Darjeeling Oat, 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 Sea Weed - Colds and Coughs  
2. Chai, Almond Milk, Cinamonn, Nutmeg and Tumeric - Invigorating Stress Buster