

# Weekend Menu

Brunch, 9 — 3pm  
Lunch, 12 — 3.30pm  
Tea Time, 3 — 5pm



## Brunch

### J+A Breakfast — 12.00

Sausage, Bacon, Tomato, Mushroom, Clonakilty Black and White Pudding, Fried Eggs and Boxty

### Veggie Breakfast (V) — 9.50

Mushroom, Tomato, Beans, Spinach, Fried Eggs + Boxty

### Spinach, Mushroom + Vegetarian Parmesan with a Poached Egg (V) — 10.50

Served on freshly baked Irish Soda Toast

### Organic Smoked Salmon + Scrambled Eggs — 11.00

Served on Irish Soda Toast

### J+A Breakfast Sandwich — 9.50

Sausage, Bacon, Fried Egg, Clonakilty Black Pudding  
With Ballymaloe Relish

### Boxty + Fried Eggs (V) — 7.50

With Ballymaloe Relish  
+ Ham Hock — 3.50

### Eggs Benedict / Florentine — 10.00

English Muffin, Ham or Spinach, Poached Eggs  
With Hollandaise

### Eggs Royale — 11.00

English Muffin, Organic Smoked Salmon, Poached Eggs  
With Hollandaise

### Pancakes — 10.00

Crispy Bacon, Scrambled Eggs + Maple Syrup

### Sweet Pancakes (V) — 8.50

Seasonal Fruit, Whipped Cream + Maple Syrup

### Basket of Toast — 3.50

White, Granary and Freshly Baked Soda

## Fruits + Grains

### Organic Jumbo Oat Porridge with Honey (H) — 4.50

Proper Irish Porridge Oats with Seasonal Toppings

+ Honey / Brown Sugar

+ Cows Milk + Almond Milk, Soya Milk, Oat Milk — 50p

+ Golden Syrup / Maple Syrup — 75p

+ Banana — 50p

+ Apple, Cinnamon + Raisins — 1.50 + Seeds + Nuts — 1.00 + Prunes + Dates — 1.00

+ Berry Compote — 2.50

+ Apple and Prune Compote — 2.50

### J+A's Granola / Museli with Yoghurt + Honey (H) — 6.00

### Fresh Fruit Salad with Yoghurt + Honey (H) — 7.50

## Lunch

### Irish Cheese Toastie — 9.00

1. Gubbeen Cheese, Spring Onion and Ballymaloe Tomato Relish
2. Cooleeney Camembert (V) and Ballymaloe Tomato Relish
3. Cashel Blue Cheese ( + Ham Hock 3.50 + Clonakilty Black Pudding 1.50 )  
Served with Baby Leaf Salad, Cucumber, Tomato and Spring Onion

### Irish Stew — 14.00

Traditional Stew of Lamb, Carrots, Potatoes and Parsley

### Roast Chicken Sandwich — 7.50

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

### Chicken Soup — 7.50 (H)

Made with J+A's Home-made Free Range Chicken Stock served with J+A's freshly baked Soda Bread and Butter

+ Half a Cheese Toastie 4.50 / + Half a Chicken Sandwich

### Irish Cheese Board — 12.50

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

### One Cheese and Soda Bread — 5.00

### Charcuterie Board from the Gubbeen Smokehouse Co. Cork — 16.00

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

*Boxty on the griddle,  
Boxty on the pan  
If you can't make Boxty  
You'll never meet a man*

## Sides

+ Boxty with Ballymaloe Relish — 3.50

+ Ham Hock — 3.50 / Clonakilty Black + White Pudding — 1.50 / Sausage / Bacon — 1.50

+ Organic Smoked Salmon from The Burren — 5.00

+ Irish Cheeses— Cashel Blue, Cooleeney Camembert or Gubbeen — 3.50

+ Spinach — 3.50 / Avocado — 2.50 / Baked Beans — 1.50

+ Maple Syrup — 1.00 / Ballymaloe Relish — .75p / Conserves — 50p

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

## Tea Time

### Cream Tea — 6.00

Homemade Scone with Jam + Cream and a large pot of Tea of your choice

### Afternoon Tea — 14.50

Organic Smoked Salmon on Irish Soda Bread + Gubbeen Cheese with Ballymaloe Relish, Homemade Scone + Slice of Cake served with a pot of Tea of your choice

### Champagne Tea — 20.00

Organic Smoked Salmon on Irish Soda Bread + Gubbeen Cheese with Ballymaloe Relish, Homemade Scone + Cake of your choice served with a pot of Tea + a glass of Bubbly

Please see our Sweet Menu for freshly baked cakes, Fresh Scones Baked Daily at 2pm!

## Refreshments

— Please ask to see our Wine List

### 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

Strawberry + Rhubarb — 3.00

Ginger Beer — 3.00

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), Blood Orange Fruit Tea, Chinese Rose Petal, Egyptian Mint, Silver Needle, Orchid Oolong (C), Breakfast Rooibos, Green Chinese Sencha (C), Lapsang Souchong (C), Chamomile, Darjeeling  
**Oat, Almond or Soya Milk — 0.50p**

### 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