

Weekday Lunch Menu

12 — 3.30pm



Hot

Irish Stew — 14.00 (H)
Traditional hearty Lamb Stew with Potatoes, Carrots and Parsley

Homemade Vegetable Soup — Starter 4.50 / Main 7.50 Served with Soda Bread and Butter

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 and Butter
+ Half Roast Chicken Sandwich — 4.00 / Half an Irish Cheese Toastie — 4.50

Baked Potato (N/GF) — 10.50
1. Cooleeney Camembert Cheese (V) 2. Cashel Blue (V) 3. Gubbeen Cheese 4. Ham Hock

Served with Baby Leaf Salad, Walnuts and Ballymaloe Tomato Relish

Sandwiches

J+A Club Sandwich — 10.00
Triple decker with Free Range Roast Chicken, Bacon, Avocado, Tomato, Baby Leaf + Mayo

Roast Chicken Sandwich — 8.00 (H)
Free Range Roast Chicken, Baby Leaf, Tomato and Wholegrain Mustard Mayo

Irish Cheese Toasties — 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 + Clonekilty Black Pudding 1.50

Served with Baby Leaf Salad, Cucumber, Tomato and Spring Onion

J+A Salads Small — 5.00 Large — 10.00 (See Counter)

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 Chicken (H, GF) — 14.50

Halloumi with Tzatziki (V, GF) — 12.50

Seasonal Quiche (V) — 10.50
Served with Baby Leaf Salad, Cucumber, Tomato and Spring Onion
+ **Seasonal J+A Salads** — 14.50

Starters & Boards

Organic Smoked Salmon from Inverawe Main — 12.50 Starter — 6.50

On Irish Soda Bread with a Baby Leaf Salad

Minerva Mackerel Pate and Irish Soda Toast — 8.50

Homemade Soup Main — 7.50 Starter — 4.50

+ Half Roast Chicken Sandwich — 4.00 / 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 Relish

*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 / **J+A Special Side Salad** — 5.00 (See Counter)

Ballymaloe Country Relish — 75p

Halloumi — 2.50 / **Irish Cheese** — Cooleeney Camembert (V), Gubbeen, Cashel Blue — 3.50

Ham Hock — 3.50 / **Free Range Roast Chicken** — 4.50

Organic Smoked Salmon — 6.00

Poached Egg — 1.50

One Slice of Soda Bread — 1.50 **Mixed Bread Basket** — 3.50 ***Free From Gluten Bread** — 1.50

V — Vegetarian, H — Healthy, GF — Gluten Free* DF — Dairy Free,
N — Contains Nuts, C — Caffiene

*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.

Follow us on Twitter + Instagram — @iandacafe

Irish Home Food

Healthy, wholesome home cooking and baking

Beer — Please ask to see our Wine List

Meantime London Lager 4.5% — 5.00 / 2.50
Meantime London Pale Ale 4.3% — 5.00 / 2.50
Guinness Draft 4.1% — 5.00 / 2.50
Peroni Bottle 5.1% — 4.00
Cidre Breton 5.0% 330ml — 4.50 Large Bottle — 11.50

Irish Craft Beer

Little Fawn Session IPA 330ml 4.2%/ Finnabhair — 4.20
Roc Modern Piles 220ml 4.5% — 4.40
Bran and Sceolan Irish IPA 7.2% — 5.00

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 — 3.50
Sloe Lemonade — 3.50
Pear and Elderflower — 3.50
Strawberry + Rhubarb — 3.50
Ginger Beer / Curiosity Cola / Victorian Lemonade — 3.50
Coke / Diet Coke — 3.50
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 — 3.20
Americano — 2.60
Mocha / Hot Chocolate / Iced Coffee / Chai Latte / Tumeric Latte / Beetroot Latte — 3.50 Large
Pot of Coffee — 7.50
J+A Irish Coffee — 7.50

Tea — 3.00
Irish Breakfast (C), Earl Grey (C), Chai (C), Jasmine (C), 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

We use Organic Whole Milk 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, Cinnamon, Nutmeg and Tumeric - Invigorating Stress Buster