

Weekend Menu

Brunch, 9 — 3pm

Lunch, 12 — 3.30pm

Tea Time, 3 — 5pm



Brunch

J+A Breakfast — 13.50
Sausage, Bacon, Tomato, Mushroom, Clonakilty Black and White Pudding, Fried Eggs and Boxty

Veggie Breakfast (V) — 10.25
Mushroom, Tomato, Beans, Spinach, Fried Eggs + Boxty

Spinach, Mushroom + Vegetarian Parmesan with a Poached Egg (V) — 11.00
Served on freshly baked Irish Soda Toast

Organic Smoked Salmon + Scrambled Eggs — 13.00
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 Small — 7.00 Large — 12.00
English Muffin, Ham or Spinach, Poached Eggs
With Hollandaise

Eggs Royale Small — 8.00 Large — 13.00
English Muffin, Organic Smoked Salmon, Poached Eggs
With Hollandaise

Pancakes — 11.00
Crispy Bacon, Scrambled Eggs + Maple Syrup

Sweet Pancakes (V) — 9.50
Seasonal Fruit, Whipped Cream + Maple Syrup

Basket of Toast — 3.50 White, Granary and Freshly Baked Soda

Croissant — 2.50 **Pastry** — 2.90

Fruits + Grains

Organic Jumbo Oat Porridge with Honey (H) — 4.50
Proper Irish Porridge Oats with Seasonal Toppings — made with Organic Whole Milk

- + Honey
- + Almond Milk, Soya Milk, Oat Milk — 50p
- + Golden Syrup / Maple Syrup — 75p
- + Banana — 50p
- + Apple, Cinnamon + Raisins — 1.00
- + Seeds + Nuts — 1.00
- + Berry Compote — 2.50

+ Apple and Prune Compote — 2.50

J+A's Granola 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
With White Crusty Bread and Butter

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
With J+A's freshly baked Soda Bread and Butter
+ Half a Cheese Toastie — 4.50 / **+ Half a Chicken Sandwich** — 4.00

Irish Cheese Board — 12.50 **One Cheese and Soda Bread** — 5.00
Cashel Blue, Gubbeen, Cooleeney Camembert with Soda Bread and Ballymaloe Relish

*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 — 6.00
- + Irish Cheeses— Cashel Blue, Cooleeney Camembert (V) or Gubbeen — 3.50
- + Spinach — 3.50 / Baked Beans — 1.50
- + Maple Syrup — 1.00 / Ballymaloe Relish — .75p / Conserves — 50p
- + Slice of Toast — 1.50 / Basket of Toast — 3.50
- + *Free From Gluten Bread — 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

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

Chocolate Guinness Cake / Victoria Sponge — 4.50
Freshly Baked Scone with Cream + Jam — 3.50 (Baked Daily at 2pm)

Refreshments —Please ask to see our Beer and Wine List

BLOODY MARY — 7.50 **BUCKS FIZZ** — 7.50 **BREAKFAST MARTINI** — 9.50

ESPRESSO MARTINI — 9 **IRISH COFFEE** — 7.50

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 Rooibos, 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 SeaWeed - Colds and Coughs
2. Chai, Almond Milk, Cinnamon, Nutmeg and Tumeric - Invigorating Stress Buster