

GREEN & BEAN

CAFE • BAR

BREAKFAST

Served until 11.45am daily

Buttermilk Scone €4.50
Preserves, Clotted Cream

Baker's Basket €7.50
Banana Bread, Cinnamon Pecan Bun,
Blueberry Muffin, Mini Doughnut

Oatmeal Porridge
Cream & Wild Honey €4.75
Or Tropical Fruits, Maple Syrup €7.50

Avocado Toast €10.50
St Tola Goats Cheese

Selection Of Yoghurts €3.95

Tropical Fruit Salad €7.50
Cinnamon & Cashew Nut Granola, Greek Yoghurt

Poached Organic Eggs Over Scafata ... €11.50
Cavalo Nero, Broad Beans, Peas, Asparagus,
Spring Onion, Mint, Basil

Spanish Tortilla €9.00
Grilled Iberico Chorizo, Piquillo Peppers

GREEN BEARDS ORGANIC RAW | COLD PRESSED JUICES

250ml Regular €4.75
415ml Large €6.75

Northern Lights: Cucumber, Ginger, Spinach,
Apple, Lemon, Kale

Beets By Ray: Carrots, Beetroot, Ginger, Lemon,
Pineapple, Orange, Apple

Starmode: Cucumber, Mint, Spirulina,
Wheatgrass, Pineapple, Apple, Lemon

Green Love: Cucumber, Lettuce, Parsley,
Spinach, Apple, Lemon, Chard, Kale

Turmeric Sunrise: Carrot, Apple, Ginger, Orange,
Turmeric, Lemon

WHAT WE ARE

We are chefs with a passion for delicious healthy food that makes you feel your very best. Our menu changes with the seasons, making use of the best ingredients that nature can offer. We create nourishing and creative menus using best quality natural ingredients, thoughtfully sourced, to make dishes that are packed with flavour and goodness. We choose organic where possible, and traditionally farmed produce – grown and reared just as nature intended. Our motto is 'good food, good spirit, and good healthy living'. At Green and Bean, we want you to feel better, live longer and make your mouth happy in the process. We bake our own great breads including gluten free and low GI.

Follow our journey on www.johnniecooke.ie



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HOT BEVERAGES

Espresso	€3.50
Flat White	€3.95
Espresso Ristretto	€3.50
Café Mocha	€3.95
Cinnamon Dolce Latte	€3.95
Double Espresso	€4.00
Affogato	€4.75
Macchiato	€3.75
Cappuccino	€3.95
Café Latte	€3.95
Jasmine Tea	€3.75
Chai or Chai Latte	€3.50
Hot Chocolate	€4.50
Americano	€3.75
English Breakfast Tea	€3.75
Earl Grey	€3.75
Choice of Herb Tea	€3.75
S'mores Coffee	€5.50



COLD BEVERAGES

Coca Cola	€3.00
Diet Coke	€3.00
Orange Juice	€4.00
Apple Juice	€4.00
Water (Still / Sparkling)	€3.00
Fever Tree	€3.00
Lemonade	€3.00
Pineapple Juice	€3.00
Plum Juice	€3.00
Grape Juice	€3.00
Coconut Water	€4.50
Chocolate Milkshake	€5.50
Palm Springs Date Shake with low fat Coconut Milk	€5.50

Please inform your waiter of any allergy