

GREEN & BEAN

CAFE • BAR

Served from 12 noon to close

Mixed Olives and Feta (v)	€5.50
Roasted Smoke House Almonds (v)	€4.50
Warm Bikini Bread (v)	€4.50
Vine Tomato Salsa, Tapenade	
Black Bean Soup (v)	€7.50
Avocado, Coriander, Lime	
Grilled Mediterranean Vegetable Tart (v)	€11.50
Tahini Cream, Shaved Pecorino	
Avocado Toast (v)	€10.50
St Tola Goats Cheese, Pico di Gallo Sauce	
Castletownbere Crab Cakes	€12.50
Celeriac Remoulade	
Gulf Shrimp and Palm Heart Salad	€11.50 / €16.50
Citrus, Fennel, Avocado	
Toasted Monte Christo Sandwich	€12.00
Beaufort Cheese, Baked Ham	
Freekeh Wheat & Hummus Torta (v)	€13.00
Green Wheat, Cranberries, Pumpkin Seeds	
Gulf Shrimp or Chicken Tacos	€15.50
Avocado, Tomato, Coriander, Salsa	
Yellow Fin Tuna a la Plancha	€18.00
Vine Tomato, Capers, Anchovies	
Grilled Chicken Paillard	€15.50
Aubergine, Sauce Vierge	
Turkish Flatbread	€14.50
Minced Lamb, Feta, Tomato, Cucumber	
Sides	€4.50
Shoestring Fries, Truffle Aioli	
Tenderstem Broccoli & Sesame	
Parsley Salad, Basil, Parmesan	
Mixed Salad, House Dressing	
(Low fat dressing available for all salads)	

DESSERTS

Champagne Rhubarb Martini	€7.50
Portuguese Custard Tart	€4.50
Sicilian Lemon Tart	€7.00
Blueberry Cheesecake	€7.00
Salted Caramel and Praline Éclair	€7.00
Linzertorte	€6.50

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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SHAKE / SMOOTHIE

Palm Springs Date Shake Medjool Dates, low-fat Coconut Milk & Cinnamon	€6.50
Strawberry & Mango Smoothie	€5.50
Mighty Bee Virgin Coconut Water	€4.75
Kefir made from Fresh Organic Irish Cow's Milk	€4.75
Chocolate Milkshake	€4.75

WINE LIST

White Wine	Country	Glass	Bottle
Verdejo Real Compania	Spain	€7.50	€28.00
Pinot Grigio Sonetti	Italy	€8.00	€31.00
Sauvignon Blanc Eliance	France	€8.50	€32.00
Picpoul De Pinet Domaine Combe Rouge	France	€8.75	€33.00
Brancott Estate Flight 7%alc	New Zealand	€8.75	€33.00
Chardonnay Les Roucas	France	€9.00	€34.00
Sauvignon Blanc Organic Hunky Dory	New Zealand	€9.50	€36.00
Red Wine			
Montepulciano Il Portone	Italy	€7.50	€28.00
Merlot Eliance	France	€7.75	€29.00
Rioja Crianza Muriel	Spain	€8.50	€32.00
Malbec El Parral	Argentina	€9.00	€34.00
Pinot Noir Chilensis Reserva	Chile	€9.50	€36.00
Rosé			
Les Petites Jamelles Pays D'OC	France	€8.50	€34.00
Champagne / Sparkling Wines			
Jeio Prosecco Frizzante Foie	Italy	€9.50	€44.00
Skinny Prosecco D.O.C.G.	Italy	€10.50	€44.00
Perrier Jouet	France	€16.00	€80.00
Veuve Clicquot	France		€95.00

HOT BEVERAGES

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

COLD BEVERAGES

Coca Cola	€2.00	Vita Coconut Water	€4.50
Diet Coke	€2.00	Glass of Milk	€3.00
7Up	€2.00	Apple Juice	€3.00
Fresh Orange Juice	€4.50	Canadian Maple Tree Water	€4.50
Lavender Lemonade	€4.50	San Pellegrino Still/Sparkling	€6.50

Please inform your waiter of any allergy