

GREEN & BEAN

CAFE • BAR

WINE AND BUBBLES

SPARKLING

	COUNTRY	GLASS	BOTTLE
Jeio Prosecco Frizzante Foie	Italy	€9.50	€44.00
Bulle, Blanc de Blanc, Provence	France	€12.50	€52.50
Bulle, Rose, Provence	France	€12.50	€52.50
Veuve Clicquot, Brut	France	€17.50	€95.00
Veuve Clicquot Rose	France	€17.50	€135.00

WHITE

NAME, GRAPE	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	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

ROSE

NAME, GRAPE	COUNTRY	GLASS	BOTTLE
Les Petites Jamelles Pays D'OC	France	€8.50	€34.00

RED

NAME, GRAPE	COUNTRY	GLASS	BOTTLE
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

ORGANIC RAW COLD PRESSED JUICES

Green Goddess	€4.95
<small>Spinach, watercress, kale, parsley, celery, apple</small>	
Super Detox	€4.95
<small>Ginger, celery, beet, carrots, apple, cilantro, chia seeds</small>	

Organic Valencia Orange Juice	€4.95
-------------------------------	-------

SHAKES

Vanilla	€6.50
Stawberry	€6.50
Chocolate	€6.50
Strawberry & Mango Smoothie	€6.50

BITES

Amsterdam Veal Croquettes	€9.50
<small>Dijon mayonaise</small>	
Warm Bikini Bread (V)	€4.50
<small>Vine tomato, salsa, tapenade</small>	
Black Bean Soup	€7.50
<small>Avocado, corriander, lime cream</small>	

SUPERGRAINS

Super Grain Salad	€13.50
<small>Freekeh, hummus, cranberries, lemon pine nuts, parsley black sesame Gomasio</small>	
Green & Bean Ancient Grains Buddha Harvest Bowl (V)	€15.50
<small>Toasted Barley, spelt, broccoli, Freekeh, avocado, Kabocha squash, curley kale, red cabbage, radish, flat parsley, hummus, black sesame, chia seeds, Iranian barberries, sprouted greens, celeriac crisp, oriental omega 3 dressing</small>	

TOASTS & TACOS

Avocado on Toast with St Tola Goats Cheese	€10.95
<small>On Focaccia</small>	
Avocado on Toast with Gorgonzola, pear, toasted walnuts, honey	€12.50
<small>On focaccia</small>	
Smoked Salmon and Avocado Toast	€14.50
<small>Brown soda bread, red onion, cucumber, baby cress, caper salad</small>	
Toasted Monte Christo Sandwich	€12.50
<small>Beaufort Cheese, Baked Ham</small>	
Bruschetta	€12.50
<small>Grilled bikini bread, tomato, basil, buffalo mozzarella, Kalamata olives, Parma ham.</small>	
Gulf Shrimp or Chicken Tacos	€15.50
<small>Tomato salsa, guacamole, corn tortillas</small>	

GREEN & BEAN SPECIALTIES

Castletownbere Crab Cakes	€12.50
<small>Celeriac Remoulade, fried parsley</small>	
Soy & Lime Glazed Shrimp Skewers	€12.95
<small>Asian noodle salad, ginger, almond, mint, corriander</small>	
Ham Hock Terrine & Crispy Hen Egg	€12.50
<small>Piccaililli, watercress</small>	
Crispy Buttermilk Fried Chicken Tenders	€16.50
<small>Red gem walnut, Gruyere cheese salad, ranch or honey mustard dipping sauces</small>	
Grilled Turkey Burger	€15.50
<small>Mature Coolattin cheddar, beef tomato, avocado, cillantro, bibb lettuce grilled red onion, granary bap, sweet potato fries, lime mayonnaise</small>	

DESSERT

Tarta de Santiago	€7.50
Rhubarb Tart	€7.50
Belgium Chocolate Éclair	€7.00
Sicillian Lemon Tart	€7.50
Lemon Drizzle Cake	€4.50
Carrot Cake	€7.50
Banana Bread	€4.50
Portuguese Custard Tart	€4.50
Green & Bean Ice Cream Sunday	€8.50
<small>Ice cream, chocolate almond crumb, raspberries, Belgian chocolate sauce</small>	

SIDES

Shoestring Fries, Truffle Aioli	€4.50
Wilted Spinach, Garlic, Lemon, Pinenuts	€4.50
Sweet Potato Fries	€4.75
<small>Chipotle mayonnaise</small>	
Skin on House Fries	€4.75
<small>Aioli mayonnaise</small>	
Mixed Salad, House Dressing	€4.50

(LOW-FAT DRESSING AVAILABLE FOR ALL SALADS)

Belvedere Afternoon Tea

Belvedere afternoon tea served in the restaurant on the third floor.

JOHNNIE COOKE EVENTS

Memorable Events at any Location!
Private, Corporate, Weddings, Birthdays, Intimate Dinner Parties.

For More Info email: Events@johnniecooke.ie

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

PLEASE INFORM YOUR WAITER OF ANY ALLERGENS

GREEN & BEAN

CAFE • BAR

BREAKFAST MENU: Until 11.45am (Monday - Friday)

HOT BEVERAGES

COFFEE SELECTION

Ristretto	€3.50
Espresso	€3.50
Macchiato	€3.75
Americano	€3.95
Cappuccino	€4.25
Cafe Latte	€4.25
Flat White	€3.95
Mocha	€4.25
Hot Chocolate	€4.00

RONNEFELDT SELECTION TEAS

Assam Irish Breakfast	€3.75
Earl Grey	€3.75
Masala Chai	€3.75
Sweet Berries	€3.75
Darjeeling Summer Gold	€3.75
Fruity Camomile	€3.75
Morgentau	€3.75
Refreshing Mint	€3.75
Jasmine Gold	€3.75
Ayurveda Herbs & Ginger	€3.75
Green Dragon	€3.75
Fruity White	€3.75

LATTE SELECTION

Chai Latte	€4.75
Macha Latte	€4.75
Hazlenut Latte	€4.75
Vanilla Latte	€4.75
Salted Caramel Latte	€4.75
Cinnamon Dolce Latte	€4.75

THE RESTAURANT COLD PRESSED RAW JUICES

Green Goddess	€4.95
<small>Spinach, watercress, kale, parsley, celery, apple</small>	
Super Detox	€4.95
<small>Ginger, Celery, Beet, Carrots, apple, coriander, chai seeds</small>	
Organic Valencia Orange Juice	€4.95

BEVERAGES

San Pellegrino Orange	€3.95
San Pellegrino Lemon	€3.95
San Pellegrino Blood Orange	€3.95
Aqua Panna	€6.50
San Pellegrino	€6.50
Vita Coconut Water	€4.50
Coca-Cola	€3.50
Diet Coke	€3.50
Sprite	€3.50
Sprite Zero	€3.50
Ballygowan Still 330ml	€3.50
Ballygowan Sparkling 330ml	€3.50

SHAKES

Vanilla	€6.50
Strawberry	€6.50
Chocolate	€6.50

BREAKFAST

Buttermilk Scone	€4.50
<small>Preserves, cream</small>	
Buttermilk Pancakes	€10.75
<small>Blueberries, maple syrup</small>	

OATMEAL PORRIDGE, FRUIT

Porridge with Cream & Wild Honey	€4.75
Porridge with Tropical Fruits & Maple Syrup	€7.50
Acai Bowl	€8.50
<small>Summer fruits, acai, granola, toasted coconut, Greek Yoghurt</small>	
Tropical Fruit Salad	€7.50
<small>Cinnamon & cashew nut granola, Greek yoghurt</small>	

AVOCADO ON TOAST

St Tola Goats Cheese	€10.95
<small>On focaccia bread</small>	
Gorgonzola, pear, toasted walnuts, honey	€12.50
<small>On focaccia bread</small>	
Smoked Salmon and Avocado Toast	€14.50
<small>On soda bread, red onion, cucumber, cress, caper salad</small>	

LOCAL FARM EGGS

Pan Baked Eggs Shaksuka	€11.75
<small>Eggs baked with tomato, spinach, crushed tomato, avocado, feta, herbs</small>	
Poached Organic Eggs	€11.50
<small>Cavalo nero, broad beans, peas, asparagus, spring onion, mint, basil, shaved parmesan</small>	

TAKE AWAY
COFFEE NOW
AVAILABLE