

# BREAKFAST

<b>ORGANIC PORRIDGE</b> almond milk, seeds, berries, pecans, bee pollen, cinnamon & honey ( <i>Contains: 1c , 8b, 8f</i> )	<b>€10.95</b>
<b>AVOCA BEST EVER GRANOLA</b> mixed berry compote, Greek yoghurt, honey ( <i>Contains: 1a, 7, 8b, 8h, 11, 12</i> )	<b>€12.50</b>
<b>BLUEBERRY, BUTTERMILK &amp; LEMON PANCAKES</b> fruit compote, Greek yoghurt, macadamia praline & maple syrup ( <i>Contains: 3, 7, 8e</i> )	<b>€15.95</b>
<b>FREE RANGE POACHED EGGS &amp; CRUSHED AVOCADO</b> roasted tomato, grilled sourdough ( <i>Contains: 1a, 1d, 3, 10</i> )	<b>€15.50</b>
<b>FREE RANGE SCRAMBLED EGG &amp; SAUSAGES</b> roasted tomato, Avoca brown bread ( <i>Contains: 1a, 3, 6, 7, 10, 12</i> )	<b>€15.50</b>
<b>CHILLI EGGS</b> free-range poached eggs, halloumi cheese, kale, chilli, avocado and dukkah on grilled sourdough ( <i>Contains: 1a, d, 3, 7, 8d, 10, 11, 12</i> )	<b>€14.95</b>
<b>FIELD MUSHROOMS &amp; POACHED EGGS ON SOURDOUGH</b> Creamy field mushrooms, poached eggs, grilled sourdough, pangritata crumb ( <i>Contains: 1a,1d,3,7,10,12</i> )	<b>€16.95</b>
<b>AVOCA FULL BREAKFAST</b> grilled back bacon, sausages, black pudding, roasted mushroom & tomato, free range poached eggs, grilled sourdough ( <i>Contains: 1a, 1d, 3, 7, 10, 12</i> )	<b>€17.95</b>
<b>AVOCA SCONES</b> with freshly whipped cream, raspberry jam, Irish butter Please ask your server for available selection ( <i>Contains: 1a, 3, 7, 8b, 12</i> )	<b>€4.50</b>
<b>SIDES</b>	
bacon	€4.95
sausage ( <i>Contains: 1a</i> )	€4.95
poached or scrambled egg ( <i>Contains: 3, 7</i> )	€4.95
pudding ( <i>Contains: 1a</i> )	€4.95
oak smoked salmon ( <i>Contains: 4</i> )	€7.50
crushed avocado	€4.95
sourdough toast ( <i>Contains: 1a, 1d</i> )	€2.95

All our beef is sourced from Irish farms. If you have any allergies, please inform a member of staff.

Please note there will be a 10% service charge on all tables of six or more people.

Please note, that while we take every care to notify you of the allergen ingredients present in our food, due to the nature of our business, we cannot guarantee that foods will be free from other allergens present in the kitchen environment and surroundings.

#### Allergen Information

1. Cereals containing gluten: 1a. wheat 1b. barley 1c. oats 1d. rye  
 2. Crustaceans 3. Eggs 4. Fish 5. Peanuts 6. Soya bean 7. Milk 8. Nuts: 8a. Hazelnuts 8b Almonds 8c. Pistachio 8d. Cashew 8e. Macadamia  
 8f. Pecan 8g. Walnut 8h. Brazil Nut 9. Celery 10. Mustard 11. Sesame Seed 12. Sulphur Dioxide & Sulphites 13. Lupin 14. Molluscs

# BRUNCH MENU

<b>CHILLI EGGS</b> free-range poached eggs, halloumi cheese, kale, chilli, avocado and dukkah on grilled sourdough (Contains: 1a, d, 3, 7, 8d, 10, 11, 12)	€14.95
<b>FREE RANGE POACHED EGGS &amp; CRUSHED AVOCADO</b> grilled sourdough (Contains: 1a, 1d, 3, 10)	€15.50
<b>BLUEBERRY, BUTTERMILK &amp; LEMON PANCAKES</b> fruit compote, Greek yoghurt, macadamia praline, maple syrup (Contains: 3, 7, 8e)	€15.50
<b>THAI FISHCAKE</b> Asian slaw, nam jim dressing (Contains: 1a, 2, 3, 4, 6, 7, 12)	€15.95
<b>PRAWN TACOS</b> fresh prawn, crushed avocado, pineapple salsa, basil aioli (Contains: 1a, 2, 3, 10, 12)	€15.95
<b>SUPERFOOD SALAD</b> baby kale, pickled carrots, squash, red cabbage, tenderstem broccoli, quinoa, pomegranate seeds, goji berries, feta, smoked almonds (Contains: 7, 8b, 10, 12)	€16.95
<b>AVOCA GOOD MOOD CHILLI</b> our plant based chilli, grilled soft tortillas, guacamole, pico de gallo (Contains: 1a, 1b, 10, 12)	€17.95
<b>FIRECRACKER CHICKEN BURGER</b> crispy firecracker chicken thighs, brioche bun, baby gem, avocado, mint & lime crème fraiche, rosemary fries (Contains: 1a, 1b, 3, 6, 7, 10, 11, 12)	€21.95
<b>PAN FRIED IRISH COD</b> confit baby potatoes, buttered kale & samphire, butternut squash puree, spiced dukkah (Contains: 4, 7, 8d, 11)	€22.95
<b>8oz BBQ BEEF BURGER</b> brioche bun, Mic's Chilli BBQ sauce, smoked Knockanore cheddar, pickles, crispy fried onions, rosemary fries (Contains: 1a, 1b, 3, 6, 7, 10, 11, 12)	€22.95
<b>SIDES</b>	
Tenderstem broccoli, chilli & garlic butter (Contains: 7)	€6.95
Fries with rosemary maldon sea salt	€6.95
Grilled back bacon	€4.95
Millbank organic oak smoked salmon (Contains: 4)	€7.50
Mixed leaf & pickled vegetable salad (Contains: 10, 12)	€6.50

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# LUNCH MENU

<b>SOUP OF THE DAY</b> Avoca brown bread ( <i>Contains: 1a, 7, subject to change</i> )	€9.95
<b>AVOCA DUCK LIVER PATE</b> Avoca chutney, grilled sourdough, mixed leaf salad ( <i>Contains: 1a, 1d, 7, 8c, 10, 12</i> )	€12.50
<b>THAI FISHCAKE</b> Asian slaw, nam jim dressing ( <i>Contains: 1a, 2, 3, 4, 6, 7, 12</i> )	€14.95
<b>AVOCA CRAB SALAD - STARTER / MAIN</b> Apple & celeriac remoulade, avocado, pickled cucumber, pink grapefruit, wholegrain aioli, Avoca brown bread ( <i>Contains: 1a, 2, 3, 7, 10, 12</i> )	€14.95 / €20.95
<b>PRAWN TACOS</b> fresh prawn, crushed avocado, pineapple salsa, basil aioli ( <i>Contains: 1a, 2, 3, 10, 12</i> )	€15.95
<b>SUPERFOOD SALAD</b> Baby kale, pickled carrots, squash, red cabbage, tenderstem broccoli, quinoa, pomegranate seeds, goji berries, feta, smoked almonds ( <i>Contains: 7, 8b, 10, 12</i> )	€16.95
<b>ITALIAN SANDWICH &amp; FRIES</b> Rosemary focaccia with Avoca basil pesto, Buffalo mozzarella, roasted peppers, aubergine and courgette. Served with rosemary sea salted fries ( <i>Contains: 1a, 7, 10, 12</i> )	€16.95
<b>AVOCA GOOD MOOD CHILLI</b> Our plant based chilli, grilled soft tortillas, guacamole, pico de gallo ( <i>Contains: 1a, 1b, 10, 12</i> )	€17.95
<b>PAN FRIED IRISH COD</b> Confit baby potatoes, buttered kale & samphire, butternut squash puree, spiced dukkah ( <i>Contains: 4, 7, 8d, 11</i> )	€22.95
<b>8oz BBQ BEEF BURGER</b> Brioche bun, Mic's Chilli BBQ sauce, smoked Knockanore cheddar, housemade pickles, crispy fried onions, rosemary fries ( <i>Contains: 1a, 1b, 3, 6, 7, 10, 11, 12</i> )	€22.95
<b>FIRECRACKER CHICKEN BURGER</b> Crispy firecracker chicken thighs, brioche bun, baby gem, avocado, mint & lime crème fraiche, rosemary fries ( <i>Contains: 1a, 1b, 3, 6, 7, 10, 11, 12</i> )	€21.95
<b>SIDES</b>	
Tenderstem broccoli, chilli & garlic butter ( <i>Contains: 7</i> )	€6.95
Fries with rosemary maldon sea salt	€6.95
Mixed leaf & pickled vegetable salad ( <i>Contains: 10, 12</i> )	€6.50

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