	PORRIDGE Seasonal berry	v compote, fresh	berries, bee pollen and toas	ted pecans (1c,7,8f)	€10.95	
		BERRY GRANOLA BOWL Greek yoghurt, Seasonal berry compote, honey, bee pollen (1c,7,8b,8h,11,12)				
		FRENCH TOAST Strawberries, hazelnuts, vanilla mascarpone, honey (1a,3,7,8a)				
	PANCAKES Lemon curd, cl	PANCAKES Lemon curd, chocolate & pistachios (3,6,7,8c)				
	POACHED FRE With grilled to	€15.50				
ST-	BURNT ENDS EGGS BENEDICT Avoca glazed ham, Mic's Chilli BBQ sauce, poached eggs & hollandaise on grilled sourdough (1a,3,7,10,12)				€15.95	
ΕA	CRISPY SAUS Streaky bacon	€14.95				
- BREAKFAS	BREAKFAST TACOS Soft tortillas, crushed avocado, chorizo, crumbled feta, pineapple salsa & fried egg (1a,3,7,12)				€15.95	
	AVOCA FULL BREAKFAST (tea included) Grilled bacon, sausages, scrambled free range eggs, black pudding, mushrooms, grilled sourdough & roasted vine tomatoes (1a,3,7,10,12) (Veggie option: roasted tomatoes, asparagus, mushrooms, poached eggs, crushed avocado, grilled sourdough (1a,3,10,12)				€17.95	
	AVOCA SCONES Berry & Cinnamon / Pear & almond / Fruit / Plain / Sundried tomato & cheese Served with freshly whipped cream, raspberry jam & butter (7) <i>Please ask server for available selection and allergen information</i>			€4.50		
	SIDES Smoked Salmon (4) Grilled bacon Sausages (1a,12) Scrambled eggs (3,7) Crushed avocado Basket of toast with jam, marmalade & butter (1a,3,7,12)				€7.50 €4.95 €4.95 €4.95 €4.95 €4.95 €5.95	
	Information					
Contains allergen: 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 & sulphitos	13. Lupin 14. Molluscs	

All our beef, chicken and eggs are sourced from Irish farms.

12. Sulphur dioxide & sulphites

8g. Walnut

8. Nuts:

If you have any dietary requirements, please inform a member of staff prior to ordering. 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.

3.Eggs

		001			
	PANCAKES Lemon curd, cho	colate & pistachios	(3,6,7,8c)		€15.95
- BRUNCH -	FRENCH TOAST Strawberries, hazelnuts, vanilla mascarpone, honey (1a,3,7,8a)				€16.50
	POACHED FREE-RANGE EGGS & AVOCADO With grilled tomato on toasted sourdough (1a,3,10,12)				
	AVOCA FULL BREAKFAST (tea included) Grilled bacon, sausages, scrambled free-range eggs, black pudding, mushrooms, grilled sourdough & roasted vine tomatoes (1a,3,7,10,12) (Veggie option: roasted tomatoes, asparagus, mushrooms, poached eggs, crushed avocado, grilled sourdough (1a,3,10,12)				
	GORGONZOLA & PEAR SALAD Whipped Gorgonzola cheese, pickled pear, Parma ham, candied walnuts (7,8g,10,12)				
	BUTTERNUT SQUASH FRITTERS Harissa & red pepper hummus, giant couscous salad, grilled flatbread (1a,3,7,10,11,12)				€16.95
	RUEBEN SANDWICH Pastrami, emmental cheese, sauerkraut, gerkins, russian sauce. Served with fires or half cup of soup (1a,3,7,10,12)				€16.95
	LAMB KOFTAS Baba ganoush, garlic mayo & Lebanese flatbread (1a,3,6,7,11,12)				
	WEST CORK CRAB SALAD Fennel, avocado, pink grapefruit, toasted mixed seeds, wholegrain mustard aioli, toasted Avoca brown bread (1a,2,3,7,9,10,11,12)				
	ROASTED IRISH CHICKEN SUPREME Fondant potato, maple glazed carrot, red wine jus (1a,7,12)				€20.95
	PAN FRIED IRISH COD Butternut squash puree, crispy confit potatoes, buttered samphire, cashew nut dukkah (4,7,8a,8d,11)				
	AVOCA BEEF BURGER 8oz beef burger, Applewood smoked cheddar, crispy onions, Mic's Chilli BBQ sauce, baby gem, pickles, brioche bun. Served with fries (1a,1b,3,6,7,10,11,12)				€22.95
	SIDES Smoked Salmon (4) Sausages (1a,12) / Grilled bacon Scrambled eggs (3,7) / Poached eggs (3) Crushed avocado				
	DESSERTS				
	LEMON CHEESECAKE with seasonal berry compote (1a,7)				
	PEAR & APPLE FRANGIPANE TART with vanilla Ice Cream (3,7,8b) CAKE OF THE DAY served with freshly whipped cream (<i>please ask for allergen information</i>) AFFOGATO Vanilla ice cream topped with double espresso, fresh cream and pecans (7,8f)				€9.50
					€9.50 €9.50
Allowers		ma ice cream topp	eu with double espresso, ifesti	cream and pecans (7,01)	63.30
Allergen Contains	Information allergen:				
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 diaxide & sulphites	13. Lupin 14. Molluscs

12. Sulphur dioxide & sulphites

8g. Walnut

8. Nuts:

If you have any dietary requirements, please inform a member of staff prior to ordering. 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.

3.Eggs

SOUP OF THE DAY (please ask your server) Avoca brown bread (1a,7,12)	€9.95
DUCK LIVER, ARMAGNAC & PRUNE PATE Farmhouse chutney, grilled sourdough (1a,1d,3,7,8c,10,12)	€12.50
SALT COD CROQUETTES Preserved lemon, white bean hummus, nduja, pine nuts (1a,3,4,7,11,12)	€12.95
GORGONZOLA & PEAR SALAD Whipped Gorgonzola, pickled pear, Parma ham, candied walnut crumb (7,8g,10,12)	€15.95
BUTTERNUT SQUASH & FETA FRITTERS Harissa & red pepper hummus, giant couscous salad, grilled flatbread (1a,3,7,10,11,12)	€16.95
RUEBEN SANDWICH Pastrami, emmental cheese, sauerkraut, gerkins, russian sauce. Served with fires or half cup of soup (1a,3,7,10,12)	€16.95
LAMB KOFTAS Baba ganoush, garlic mayo & Lebanese flatbread (1a,3,6,7,11,12)	€18.95
WEST CORK CRAB SALAD Fennel, avocado, pink grapefruit, toasted mixed seeds, wholegrain mustard aioli, toasted Avoca brown bread (1a,2,3,7,9,10,11,12)	€20.95
ROASTED IRISH CHICKEN SUPREME Fondant potato, maple glazed carrot, red wine jus (1a,7,12)	€20.95
PAN FRIED IRISH COD Butternut squash puree, crispy confit potatoes, buttered samphire, cashew nut dukkah (4,7,8a,8d,11)	€22.95
AVOCA BEEF BURGER 8oz beef burger, Applewood smoked cheddar, crispy onions, Mic's chilli BBQ sauce, baby gem, pickles, brioche bun. Served with fries (1a,1b,3,6,7,10,11,12)	€22.95
CAJUN CHICKEN BURGER Tomato, baby gem lettuce & a blue cheese dip. Served with rosemary sea salt fries (1a,1b,3,6,7,10,11)	€22.95
SIDES Fries with rosemary sea salt, horseradish mayo (3,10,12) Sweet potato fries, horseradish mayo (3,10,12) Charred tenderstem broccoli, dukkah, lime & mint yoghurt (7,8a,8d,11)	€6.95 €6.95 €6.50
DESSERTS	
LEMON CHEESECAKE with seasonal berry compote (1a,7)	€9.50
PEAR & APPLE FRANGIPANE TART with vanilla Ice Cream (3,7,8b)	€9.50
CAKE OF THE DAY served with freshly whipped cream (please ask your server for allergen information)	€9.50
AFFOGATO Vanilla ice cream topped with double espresso, fresh cream and pecans (7,8f)	€9.50

Allergen Information Contains allergen:

1. Cereals containing gluten: 1a. Wheat 1b. Barley 1c. Oats 1d. Rye 2. Crustaceans 3 Eags	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 & sulphitos	13. Lupin 14. Molluscs
3.Eggs	8. Nuts:	8g. Walnut	12. Sulphur dioxide & sulphites	

All our beef, chicken and eggs are sourced from Irish farms.

If you have any dietary requirements, please inform a member of staff prior to ordering. 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.

JUICES & SOFT DRINKS

Fresh orange juice Fresh apple juice	€3.75 €3.95	Breakfa Earl Gre Sencha
Lemonade (glass/jug)	€3.25/€8.75	Rooibos
Raspberry Lemonade (glass/jug)	€3.25/€8.75	Organic Bewley'
Coca-Cola Diet Coke / Coke Zero / Sprite Z Fanta Orange	€3.75 Zero €3.50 €3.75	America Cappuc Latte Flat Wh
BOTTLED WATER		Mocha
Balllygowan Still/Sparkling Large Still/Sparkling	€2.75 €6.50	Espress Macchia Hot Cho

WHITE WINE

Monopolio pinot grigio	€9.00/€36
Kaiken chardonnay	€9.50/€38
Kim Crawford sauvignon blanc	€11.50/€40

RED WINE

 Kaiken malbec (12)
 €8.50/€34

 Montes cabernet sauvignon (12)
 €9.00/€36

 Rioja crianza (12)
 €9.50/€38

ROSE

Studio miraval (12) €11.50/€46

PROSECCO (12)

CHAMPAGNE Piper heidsieck (12)

€85 per bottle

€8.50/€34

TEA & COFFEE

€3.75	Breakfast Tea	€3.20
€3.95	Earl Grey Tea	€3.40
	Sencha Green Tea	€3.35
/€8.75	Rooibos & Blood Orange Infusior	n €3.40
	Chamomile Infusion	€3.35
/€8.75	Organic Mint Infusion	€3.40
	Bewley's Fruit Infusions	€3.40
€3.75	Americano	€4.35/€4.55
€3.50	Cappuccino	€4.55
€3.75	Latte	€4.55
	Flat White	€4.40
	Mocha	€4.60
	Espresso	€3.55/€4.30
€2.75	Macchiato	€4.10/€4.55
€6.50	Hot Chocolate	€4.10
	PROSECCO COCKTAILS	
0/€36	Prosecco & Berries (12)	€8.00
0/€38	Prosecco Bellini (12)	€9.50
0/0/0	M	

Mimosa (12)€9.50Ruby Port€11.50Ruby port, Avoca cloudy apple

juice, sour cherry, lemon (12) **Bubbles Prosecco** €11.50 Prosecco, raspberry, lemon, fresh

raspberries (12) Crazy Cherry €11.50

Prosecco, sour cherry, lemon (12)

Allergen Information: Please ask your server for allergen information

If you have any dietary requirements, please inform a member of staff prior to ordering 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.