

Organic porridge, almond milk, seeds, berries, pecan nuts, bee pollen, cinnamon & honey €9.05

Contains: Gluten (wheat), Nuts (pecan)

Avoca granola, mixed berry compote, Greek yoghurt & honey €10.15

Contains: Gluten (wheat), Nuts, Sulphites, Milk

Macadamia nut & blueberry pancakes, fruit compote, Greek yoghurt & maple syrup €14.70

Contains: Nuts (macadamia), Egg, Milk

Free range poached eggs & crushed avocado on grilled sourdough €13.55

Contains: Egg, Gluten (wheat), Mustard

Avoca breakfast with grilled bacon, sausage, Higgins black pudding, portobello mushrooms, free range poached eggs, roasted tomato & grilled sourdough €16.50

Contains: Egg, Gluten (wheat), Sulphites, Mustard

Avoca scrambled eggs with sausages served with Avoca brown bread and roasted tomato €13.55

Contains: Gluten - Wheat, Milk, Eggs, Soyabeans, Mustard, Sulphites

Avoca Scone served with freshly whipped cream, raspberry jam and butter. €4.30

Contains: Gluten- Wheat, Milk, Eggs, Sulphites, Nuts

Please ask server on available selection.

Sides

Bacon / Sausage / Poached or Scrambled egg / Black or white pudding *Contains: Eggs, Sulphites* €4.65

Smoked salmon €6.75

Toast / Tomato *Contains: Gluten - Wheat* €2.55

Crushed Avocado €4.80

Dear Customer, we have taken every care to inform you of the allergens in our food. Our allergen booklet is on display for you to review. If you or any of your guests have a food allergy or dietary restriction please speak to your server and our chefs will be happy to accommodate your needs as best they can.

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.

LUNCH MENU

SOUP OF THE DAY with Avoca brown bread <i>Contains: gluten -wheat, milk, sulphites (subject to change)</i>	8.20
AVOCA DUCK LIVER PATE Farmhouse chutney, grilled sourdough <i>Contains: gluten -wheat & rye, nuts (pistachio), mustard, sulphites, milk</i>	10.25
TIGER PRAWNS PILPIL Tiger prawns with chilli and paprika citrus butter, crispy shallots, grilled sourdough <i>Contains: gluten -wheat, crustaceans, milk, sulphites, mustard</i>	13.35
BLUE CHEESE, FIG AND PEAR SALAD With candied walnuts, poached pear and pickled vegetable salad <i>Contains: milk, sulphites, nuts - walnuts, mustard</i>	9.25
MUSSEL & PRAWN LINGUINE <i>Contains: gluten- wheat, eggs, crustaceans, sulphites, milk</i>	20.55
CAJUN CHICKEN BURGER Cajun chicken fillet, baby gem lettuce, blue cheese dressing, brioche bun, fries <i>Contains: gluten- wheat & barley, milk, egg, mustard</i>	22.65
VEGAN SWEET POTATO AND BLACK BEAN FRITTERS Harissa spiced cauliflower, bulgur and chickpea salad, lemon tahini dressing, dukkah <i>Contains: gluten- wheat, milk, nuts (hazelnuts, cashews, almonds), Peanuts, sesame, sulphites</i>	19.55
PAN FRIED COD Persian spiced potatoes, carrot puree <i>Contains: fish, milk</i>	22.65
AVOCA BEEF BURGER 8oz Beef Burger with Knockanore smoked cheddar, lettuce, gherkins, onion marmalade, brioche bun, fries <i>Contains: gluten - wheat & barley, eggs, milk, sesame, mustard, Sulphites</i>	22.65
SIDES	6.15
TENDERSTEM BROCCOLI, CHILLI & GARLIC BUTTER <i>Contains: milk</i>	
FRIES WITH ROSEMARY MALDON SEA SALT	
PERSIAN SPICED POTATOES	

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