



# RISE & SHINE

Breakfast specials to start your day!

## EGGS & SOLDIERS €4.50

Two free range boiled eggs served with buttered toast soldiers. 🥚🍞🥞

## BREAKFAST ROLLS €4.95

Choose from the following:

- Back bacon and free range fried egg served in a toasted bun 🥚🍞🥞
- Pork sausage and tomato served in a toasted bun 🍖🍞🥞
- Grilled halloumi, fresh tomato and lettuce served in a toasted pitta bread 🥚🍞🥞

## THROUGH THE HOOP €4.95

A selection of hot toast, croissants and Danish pastries served with butter and preserves. 🍞🥞

# LIGHT & HEALTHY

## GREEK YOGHURT €4.95

Local yogurt topped with nuts & honey 🥛🥜🍯

## DAILY SMOOTHIE €4.95

Ask our waiting staff for today's special 🥤🌿

## 'THE FLUFFY' €6.95

Three free range egg white omelette, roasted peppers and tomato. 🥚🌶️🍅

## PINEAPPLE COMPOTE & HONEY OAT FLAPJACK €5.95

Pineapple poached in orange and served with a honey and oat flapjack containing dessicated coconut, porridge oats, sesame seeds and dried dates. 🍍🍯🌿🥞

# FOR THE LITTLE 'UNS

## EGGS & SOLDIERS 🥚🍞🥞 €4.50

## HEINZ BEANS ON TOAST 🍖🍞 €4.50

## COCO POPS 🍫🍞🥞 €2.50

## WAFFLE WITH HONEY 🍩🍯🥞 €3.50



## The Grape & Grain

The Grape and Grain invites you to enjoy the most important meal of the day – breakfast! We hope you love our Rise and Shine Menu and if you have any special requirements, don't be shy!



# GRAPE & GRAIN CLASSICS

## ROCK 'N' ROLLA €7.95

Two English pork sausages, two rashers of back bacon, two free range eggs (scrambled, poached or fried), black pudding, Heinz baked beans, cooked fresh tomato, mushrooms, white/brown toast and butter. Served with tea, filter coffee or juice. 🍖🍖🥚🍞🥞

## MEAT-FREE MORNING €6.95

The 'Local' grilled Halloumi, baked beans, two free range eggs (scrambled, poached or fried), cooked fresh tomato and mushrooms, white/brown toast and butter. 🍖🍖🥚🍞🥞

## PORTOBELLO ROAD €5.95

Grilled flat mushroom with free range poached egg and spinach served on a muffin, with Hollandaise sauce. 🍄🥚🍞🥞

## CREAMY SMOKED SCRAMBLER €6.95

Two free range eggs, scrambled together with fresh cream, on a buttered muffin or white/brown toast topped with smoked salmon. 🥚🥚🍞🥞

## EGGS BENEDICTINE €6.95

Surf or Turf? Two free range poached eggs with bacon or smoked salmon, served on a muffin and topped with hollandaise sauce. 🥚🥚🍞🥞

Wholemeal and white bread available for all breakfasts.

ALLERGENS: Prices include service charge and VAT

🥛 Dairy 🥚 Eggs 🌿 Sesame 🥞 Soya  
🌿 Gluten 🐟 Fish 🥜 Nuts

All items on the menu are prepared in an area where nuts and all other allergens are stored.



# SOMETHING TO DRINK?

## HOT BEVERAGES

Espresso	€2.25
Double Espresso	€3.00
Nescafe	€2.50
Americano	€2.75
Latte Coffee	€3.00
Filter Coffee	€3.00
Cappuccino	€3.00
Hot Chocolate	€3.00
Selection of Fine Teas	€2.50

## COLD REFRESHMENTS

Frappe	€2.50
Freddo Espresso	€2.50
Freddo Cappuccino	€2.50
Iced Tea	€2.20
Milkshake	€3.80

# BREAKFAST COCKTAILS

— €6.50 EACH —

## BLOODY MARY

Russian Standard, tomato juice, Tobasco, Worcester sauce, salt and pepper.



## BLOODY MARVELLOUS

Chilli infused Vodka with tomato juice.

## ABSO-BLOODY-LUTELY

Blackberries, chilli infused vodka and tomato juice.

## 50 SHADES OF BLUE

Bombay Sapphire gin, fresh lemon and lime juice and sparkling soda.

## WALK OF FAME

Russian Standard, Creme de Mure, prosecco and crushed ice.

## BUCKS FIZZ

Classic prosecco and orange juice. - €4.95

*The Grape & Grain*

# “Snapas”

“Sharing a New concept in town for All the family to enjoy, Proper tasty Appetizing food in a real Social place.”

## Chilled Snapas

- Roast red pepper hummus with flatbread 🌿 🥗 €5.95
- Tuna stuffed tomatoes, served on a bed of crisp leaves 🐟 €5.95
- Smoked salmon and horseradish dip served with crispbread 🐟 🥗 €7.95
- Prawn Cocktail salad 🦐 🥗 €6.95

## Sharing Platters

- Greek Platter 🌿 🥗 €10.95  
Marinated olives, gherkins, feta cheese, peppers, salad, tzatziki and toasted pitta bread.
- Cheese & Charcutiere 🌿 🥗 🍷 SO2 €13.95  
Selection of three cheeses of the day accompanied with salami, chorizo, olives, gherkins with cheese biscuits and baguette.

## Salads

**Traditional Village Salad** - Lettuce, tomato, cucumber and red onion in a vinaigrette dressing. Topped with feta cheese and olives. 🥗 €7.95

**Tuna Nicoise Salad** - Lettuce, tomato, cucumber and red onion, topped with tuna and egg and a vinaigrette dressing. 🐟 🥗 €8.95

## Snapas Mains

### Meat

€8.95 each

- Jamaican Jerk Chicken with rice & peas 🍗
- Keftedes - Greek style meatballs in tomato sauce, with tzatziki and flatbread 🍗 🥗
- Mini burger patties - beef, or chicken tikka served on a toasted bun 🍗 🍔
- Satay Chicken sticks served with peanut sauce 🍗 🥗

### Fish

€11.95 each

- Oriental marinated salmon with stir fried vegetables noodles 🐟 🥗
- King Prawn skewers with Thai sweet chilli sauce 🦐 🍷
- Luxury fish bake - salmon, whitefish and prawns in a creamy white wine & garlic sauce 🐟 🍷 SO2

### Vegetarian

€7.95 each

- Oven baked mushrooms in a tomato and oregano sauce topped with melted cheese, served with garlic bread 🍄 🥗
- Aubergine, chickpea and spinach curry with flat roti and jeera rice 🍆 🥗
- Macaroni cheese with garlic bread slices 🍝 🥗

## Side Orders

- Cheesy garlic bread slices 🍷 🥗 €5.50
- Roasted red pepper and mushroom spicy rice 🍷 €5.50
- Rustic potatoes with sea salt and cracked black pepper €5.50
- Hand cut Cyprus chips €4.95

## Little Snapas

- Chicken Nuggets 🍗 🥗
- Fish Fingers 🐟 🥗
- Mini Burger 🍗 🍔
- Two Pork Sausages 🍷
- Macaroni Cheese 🍝 🥗 €4.95
- All served with French fries and baked beans
- Portion of Fries €3.95

🥛 Dairy 🥚 Eggs 🌿 Sesame 🌾 Gluten 🐟 Fish 🥜 Peanuts SO2 Sulphur Dioxide 🦀 Crustaceans 🌰 Nuts 🍷 Mustard 🍷 Soya

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# Sweet Treats!

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Limoncello Posset 🍷  
€6.95

Yoghurt and Honey 🍷  
€5.95

Gin & Tonic Cheesecake 🍷🍷  
€6.95

Chocolate Brownie 🍷🍷🍷  
€6.95

*The Grape & Grain*  
