






# 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 🌿 🍷 🍷 SO<sub>2</sub> €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 🍷 🍷 🍷 SO<sub>2</sub>

### 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 SO<sub>2</sub> Sulphur Dioxide 🍷 Crustaceans 🍷 Nuts 🍷 Mustard 🍷 Soya

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

Prices include service charge and VAT

# Sweet Treats!

---

Limoncello Posset 🍷  
€6.95

Yoghurt and Honey 🍷  
€5.95

Gin & Tonic Cheesecake 🍷🍷  
€6.95

Chocolate Brownie 🍷🍷🍷  
€6.95

*The Grape & Grain*  
