

SIGNATURE BAGELS

PLAIN • SESAME • POPPY • WHOLEWHEAT • EVERYTHING • GLUTEN FREE

THE CLUB 7.50

EVERYTHING BAGEL, CHICKEN BREAST, STREAKY BACON, WICKLOW BRIE, RED ONION RELISH, TOMATO, LETTUCE, MAYO, BUTTER

THE MOUNTAINEER 7.50

SESAME SEED BAGEL, ROASTED HAM, ROAST TURKEY, SWISS CHEESE, TOMATO, LETTUCE, HONEY DIJON, MAYO, BUTTER

THE BROOKLYN 7.50

POPPY BAGEL, ROAST TURKEY, STREAKY BACON, CRUSHED AVOCADO, TOMATO, LETTUCE, SRIRACHA MAYO, BUTTER

THE ITALIAN JOB 7.50

PLAIN BAGEL, CHICKEN BREAST, ROAST RED PEPPERS, MOZZARELLA, LETTUCE, BASIL ROCKET PESTO, MAYO, BUTTER

THE NORWEGIAN 7.50

SMOKED SALMON, CREAM CHEESE, PICKLED CUCUMBER, HONEY DIJON

CAJUN CHICKEN 7.50

CHICKEN BREAST, ROASTED RED PEPPERS, JALAPENOS, LETTUCE, CAJUN MAYO, BUTTER

KIND VEGGIE 6.50

WHOLEWHEAT BAGEL, HUMMUS, TOMATO, CRUSHED AVOCADO, ROASTED RED PEPPERS, RED ONION, LETTUCE, VINAIGRETTE

GOURMET VEGGIE 6.90

POPPY SEED BAGEL, GOAT'S CHEESE, HUMMUS, BLACK OLIVE TAPENADE, ROASTED RED PEPPERS, RED ONION RELISH, LETTUCE, BUTTER

THE PLOUGHMAN 7.50

WHOLEWHEAT BAGEL, ROAST HAM, FARMHOUSE CHEDDAR, CUCUMBER PICKLE, TOMATO RELISH, LETTUCE, MAYO, BUTTER

THE BLT 6.95

PLAIN BAGEL, STREAKY BACON, LETTUCE, TOMATO MAYO, BUTTER

THE CAESAR 7.50

PLAIN BAGEL, CHICKEN BREAST, STREAKY BACON, PARMESAN, COS LETTUCE, CAESAR DRESSING, BUTTER

CREATE YOUR OWN BAGEL

PRICE WILL VARY DEPENDING ON YOUR CHOSEN TOPPINGS

EXTRA SAUCES + €1: BASIL MAYO, CAESAR, SRIRACHA MAYO, GARLIC MAYO, 1000 ISLAND



HOT STUFF

ITSA REUBEN 7.95

PASTRAMI, MELTED SWISS, SAUERKRAUT,
1000 ISLAND DRESSING, BUTTER

ITSA PIZZA 7.50

CHORIZO, BUFFALO MOZZARELLA, ROASTED
RED PEPPERS, SUNDRIED TOMATO PASTE

BEST GRILLED CHEESE 7.90

MELTED CHEDDAR, ST. KEVIN'S BRIE,
DURRUS CHEESE, SPRING ONION,
BUTTER ON SOURDOUGH

ADD HAM + 1.25

THE CALIFORNIAN 7.50

EVERYTHING BAGEL, STREAKY BACON,
CRUSHED AVOCADO, MOZZARELLA,
LETTUCE, BASIL MAYO, BUTTER

THE MEXICAN 7.95

CHICKEN BREAST, MELTED CHEDDAR,
GUACAMOLE, TOMATO, LETTUCE,
RED ONION, SWEET CHILLI SAUCE,
GARLIC MAYO, BUTTER

BREAKFAST BAGEL 7.50

SAUSAGE, BACON, BUTTER, KETCHUP

SALADS AND SOUPS

THE KIND VEGGIE (VEGAN) 6.50

HUMMUS, CRUSHED AVOCADO, TOMATO,
ROASTED RED PEPPERS, SLICED RED
ONION, LETTUCE, VINAIGRETTE

THE CAESAR SALAD 7.50

HOME COOKED CHICKEN BREAST,
PARMESAN, STREAKY BACON, LETTUCE,
CAESAR DRESSING

THE GOURMET VEGGIE 6.90

GOAT CHEESE, HUMMUS, BLACK OLIVE
TAPENADE, ROASTED RED PEPPERS,
RED ONION RELISH, LETTUCE,
VINAIGRETTE

SOUP OF THE DAY 5.50

ADD A WARM OR TOASTED BAGEL +1.50

IF YOU HAVE ANY ALLERGIES, PLEASE INFORM SERVER/ASK TO SEE OUR ALLERGEN GUIDE.

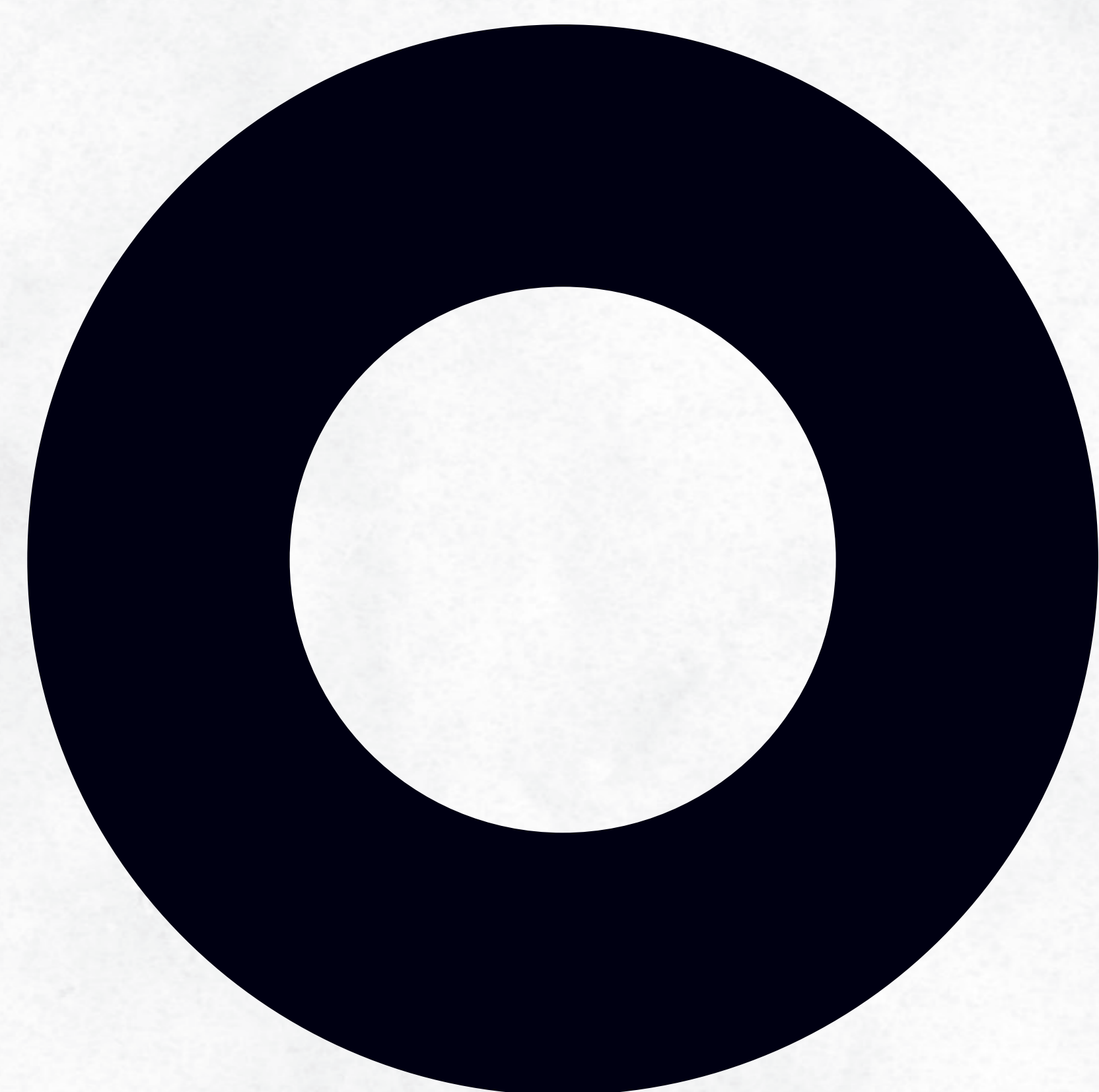
SWEET AND SIMPLE

NUTELLA & BANANA 3.50

CREAM CHEESE & JAM 3.50

COFFEE / TEA

	8OZ	12OZ		8OZ	12OZ
ESPRESSO	3.30	3.50	WHITE COFFEE	3.60	3.80
MACCHIATO	3.30	3.50	MOCHA	3.95	4.25
AMERICANO	3.40	3.60	HOT CHOCOLATE	3.95	4.25
LATTE	3.70	3.90	BREAKFAST TEA		2.35
CAPPUCCINO	3.70	3.90	HERBAL TEA		2.60
FLAT WHITE	3.60				



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