

## Milkshakes

<b>CHOCO-NANA</b> Cocoa powder, banana, agave syrup, coconut & soya milk. <b>(Soya)</b>	€3.75
<b>PEANUT BUTTER &amp; CHOCOLATE</b> Cocoa powder, banana, peanut butter, agave syrup & almond milk. <b>(Nuts)</b>	€4.25
Add a scoop of ice cream	€1.50

## Coffee & Tea

<b>AMERICANO</b>	€3
<b>NESCAFE</b>	€2.50
<b>ESPRESSO (SINGLE)</b>	€1.75
<b>ESPRESSO (DOUBLE)</b>	€2.50
<b>ESPRESSO MACCHIATO</b>	€2.50
<b>FREDDO ESPRESSO</b>	€2.80
<b>CAPPUCCINO</b>	€3.50
<b>FREDDO CAPPUCCINO</b>	€3.50
<b>FLAT WHITE</b>	€3.25
<b>LATTE/ICED LATTE</b>	€3.50
<b>FRAPPÉ</b>	€2.50
<b>MOCHA</b>	€3.75
<b>ENGLISH BREAKFAST TEA</b>	€2.50
<b>EARL GREY</b>	€2.50

## Speciality Drinks

<b>BEETROOT LATTE</b> Freshly juiced beetroot, Coconut & soya milk & agave syrup. <b>(Soya)</b>	€4
<b>ICED BEETROOT LATTE</b> <b>(Soya)</b>	€4
<b>TURMERIC LATTE</b> A turmeric spice blend, Coconut & soya milk & agave syrup <b>(Soya)</b>	€4
<b>ICED TURMERIC LATTE</b> <b>(Soya)</b>	€4
<b>GINGERBREAD LATTE</b> Almond milk, ginger, nutmeg, all spice & agave syrup. <b>(Nuts)</b>	€4
<b>CHAI LATTE</b> Almond milk, ginger, cinnamon, cardamom nutmeg, cloves & allspice <b>(Nuts)</b>	€4
<b>PINK PATAYA LATTE</b> Pink Pataya (dragon fruit) coconut & soya milk & agave syrup. <b>(Soya)</b>	€4.50

<b>ICED PINK PATAYA LATTE</b> <b>(Soya)</b>	€4.50
<b>MATCHA LATTE</b> Matcha (green tea powder) coconut & soya milk & agave syrup. <b>(Soya)</b>	€4.50
<b>HOT CHOCOLATE</b> Made cocoa powder, dark chocolate, soya & oat milk. <b>(Oat, Soya)</b> Choose from:	€3.95
<b>Original</b>	
<b>Orange</b> (made with Doterra Wild Orange essential oil)	
<b>Peppermint</b>	

## PLANT MILK & SUGAR

IF YOU'D LIKE OUR RECOMMENDATION ON WHICH PLANT MILK FOR YOUR DRINK, JUST ASK :)  
OUR SPECIALITY DRINKS ARE MADE FROM OUR CHOICE OF PLANT MILK BUT IF YOU'D PREFER ANOTHER CHOICE OF MILK JUST LET US KNOW.  
SUGAR ALTERNATIVES ALSO AVAILABLE.

## Herbal Tea

<b>LAVENDER, PEPPERMINT, CHAMOMILE</b>	€3.95
<b>ROSE-HIP AND HIBISCUS, GREEN TEA SENCHA</b>	
<b>WELLNESS TEA</b> Lemon verbena and lemon balm.	
<b>POSITIVITEA</b> Lemon balm, lemon verbena, hibiscus, chamomile, red clover, lemon, apple.	

## Iced Herbal Tea

Choose any flavour above. €4  
Served with ice & fruit

## Soft Drinks

<b>COKE, LEMONADE</b>	€2.50
<b>PERRIER SPARKLING WATER</b>	€2.50
<b>FRUIT INFUSED FILTERED WATER JUG</b>	€2.50
<b>APPLE OR ORANGE JUICE CARTON</b>	€1.50



M	T	W	T	F	SAT.	S
9.30AM-5.30PM - LAST ORDERS AT 5.30PM					BUFFET 11-2 AFTER 2 FULL MENU	✗



ALLERGY STATEMENT: MENU ITEMS MAY CONTAIN OR COME INTO CONTACT WITH WHEAT, EGGS, PEANUTS, TREE NUTS, CELERY, SULPHITES & MILK. PLEASE ADVISE US IF YOU ARE ALLERGIC TO ANY MENU ITEMS. PRICES INCLUDE SERVICE CHARGE & V.A.T.

<b>GF THE MERAKI BAD BOY BURGER</b> A juicy black bean, broccoli mushroom burger patty, with lettuce, tomato, housemade tomato relish. Topped with a crispy onion ring and Meraki jalapeño 'cheez' sauce. Served in a brioche bun (GF bun available please ask) <b>(Bun- Wheat, Sesame)</b> <b>ONLY THE CONTENTS OF THE BURGER ARE GLUTEN-FREE. FOR A GLUTEN-FREE BUN, EXTRA PATTY</b>	€6.50
<b>GF MERAKI GARDEN BURGER</b> Sweet potato, quinoa kidney beans and gluten-free oats, with herbs and] spices and a little kick of chili in a patty! Topped with a crunchy, fresh, seeded, no mayo coleslaw and our house made, sundried tomato mayo. Served in a beetroot bun. <b>(Soya)</b> <b>(Bun- Wheat, Sesame)</b> <b>ONLY THE CONTENTS OF THE BURGER ARE GLUTEN-FREE. FOR A GLUTEN-FREE BUN, EXTRA PATTY</b>	€6.50

Our buns are **not gluten free**. For a gluten free option, ask for one of our **gluten free sesame seed toasted bun**. **(Soya, Sesame)** €1.25  
If you prefer a wrap please ask the waiting staff. **Gluten free wraps** 75c

<b>GF SWEET POTATO COCONUT CURRY</b> Sweet potato, onion, butter beans and spinach in a creamy medium spiced coconut sauce served with protein rice (brown rice and quinoa). <b>(Mustard)</b> Serving of sautéed broccoli, kale & green beans in garlic & onion instead of protein rice.	€10.95
<b>GF SATAY BUDDHA BOWL</b> Satay tofu, red cabbage, grated carrot, cucumber, radish, avocado, edamame beans, and tropical salsa (mango, pineapple, red onion, red pepper, coriander) served with a satay dressing. <b>(Peanut, Soya)</b> <b>ADD AVOCADO</b>	€9.95
<b>GF 'TUNA' POKE BOWL</b> Marinated 'tuna' watermelon, protein rice, (brown rice and quinoa), grated carrot cucumber, radish, avocado, edamame beans, mango and a chili mango dressing. <b>(Soya)</b> <b>ADD AVOCADO</b>	€9.95

