

# Breakfast

**Greek Yoghurt Pot..... 3.50**  
with compote & granola

**Vegan Breakfast Pot..... 3.50**  
Peanut butter chia pudding with mango & granola

**Gluten Free Porridge Oats..... 3.50**  
with  
1. Compote & granola  
2. Banana, walnuts and honey

# Lunch

**Stew..... 4.95**

**Trio of Salads..... 5.95**

**Brød..... 5.50**

Rye flat bread sandwich with:

## 1. Smoked Chicken

Chorizo,  
Irish cheddar  
& Chipotle mayo

## 2. Hot Smoked Salmon

Horseradish  
cream cheese  
& pickled red onions

## 3. Vegan

Teriyaki marinated  
tempeh, roast sweet  
potatoes, cabbage  
slaw & coriander mayo

# Drinks

## Coffee

Espresso.....2.50

Espresso Macchiato.....2.50

Long Black / Flat White.....2.60

Cappuccino.....2.80

Latte / Chai Latte.....2.80

Mocha.....2.90

Iced Latte.....3.20

Iced Long Black.....2.60

Ecuador 70% Dark Chocolate.....3.00

Ivory Coast White Hot Chocolate.....3.00

Vanilla / Hazelnut Steamer.....2.20

Extra shot / organic almond / soy milk / oat milk add 0.60

Syrup add 0.50

## Tea

Belfast Brew | Rooibos with Citrus

Earl Grey | Green Tea Ginseng

Goji Berry & Pomegranate

Peppermint

White Tea with Elderflower.....2.30

## Cold Drinks

### AMG

Freshly pressed apple, mint & ginger (vg).....4.00

### Docs Away

Freshly pressed carrots, apple & ginger (vg).....4.00

### Still / Sparkling

Water / Fizzy Pop.....2.00

## Food Allergen Information

Please ask a member of the team if you need information about the allergens in your food when ordering. Please note we use lots of nuts and seeds in our menu. We cannot guarantee any of our food is free from traces of nuts.

\* All our packaging is compostable