



BREAKFAST MENU

served until 12 noon

~ BREAKFAST ~

Organic Porridge (1,6,7) €3.50

served with choice of topping

Fresh apple or banana / fresh berries / raisins / honey / seed mix / seasonal fruit compote.

Milk - Cow/Soya/Coconut/Almond

Buckwheat Granola (7,8) €5.95

with organic Greek yogurt (7) and seasonal fruit compote.

Buttermilk Pancakes (1,3,7) €5.95

Traditional or Banana with choice of topping.

Organic Greek yogurt and fresh berries/honey and lemon/almond butter/maple syrup. (7,8)

Free Range Poached Eggs With Smashed

Avocado (1,3,5,7) €6.95

Smashed avocado & homemade Pesto Served with buttermilk brown bread or sourdough.

Add Andarl Farm bacon, pudding, chorizo €1.50

Eggs Benedict & Black Pudding (1,3,7) €7.95

Free range poached eggs, Andarl Farm black pudding hollandaise sauce with bacon crumb on sourdough.

Add Andarl Farm bacon, chorizo €1.50

Breakfast Flatbread (1,3,7) €8.50

Andarl Farm bacon, fried eggs, avocado, organic leaves and Sirachi Mayo, served on a Flatbread

Shakshuka Eggs (1,3,7,8) €7.95

Free range poached eggs, in a spicy tomato, pepper and white bean sauce with feta and dukkha on sourdough.

Add Andarl Farm bacon, pudding, chorizo €1.50

Smashing Omelettes €7.95

Andarl Farm black pudding & Galway Goat Farm goat's Cheese. (1,3,7)

1. Cajun chicken, Jalapeno and feta. (1,3,7)
2. Roast veg, cherry tomatoes, spinach and cheddar cheese. (1,3,7)
4. Have it your way with 3 ingredients of your choosing.

Add extra ingredient for €1.00: Cajun chicken, black pudding, chorizo, ham, Galway Goat Farm goat's cheese

AJ's Vegan Breakfast €7.50

Scrambled chickpea, house baked beans, portobello mushroom, fried tomato, hummus, avocado. Served with sourdough toast. (Add eggs €1.00)

The Classic Leaf and Bean Irish €8.50

Andarl Farm sausage, bacon, black & white pudding, house baked beans, tomato, flat mushroom, egg your way. Served with homemade brown bread. (1,3,6,7,10)

Fresh Scone of the Day (1,3,7) €1.95

served with jam and butter.

Homemade Brown Bread (1,3,7) €1.95

served with jam and butter or nut butter. (5,8)

~ SMOOTHIES ~

Mixed Berry (7) €4.00

Frozen berries, banana, orange juice, Greek yogurt, flaxseeds, honey.

Greens (8) €4.00

Spinach, banana, almond milk, hemp, chia seeds, spirulina.

Mango Blast €4.00

Frozen mango, banana, pineapple juice, berries, flax.

Protein Shake (7) €3.00

Whey protein powder, banana, organic milk.

**add a shot of protein to your smoothie €1.00*

LEAF AND BEAN

All our eggs are free range. We use direct trade coffee and organic milk.

Our local suppliers include:

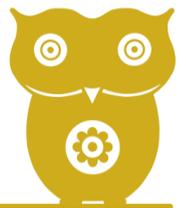
- Organic Leaves & Veg - Savage Garden & Fuinseog Farm
- Goats Cheese - Galway Goat Farm
- Jams & Chutneys - Lizzy's Homemade Jams
- Organic Beef - Andarl Farm
- Organic bacon, sausage, pudding - Andarl farm
- Ketchups - The Sauce Guy
- Eggs - Galway Free Range
- Coffee - The Coffee Company

~ ALLERGENS ~

1. Gluten
2. Crustaceans
3. Egg
4. Fish
5. Peanut
6. Soy
7. Dairy
8. Nuts
9. Celery
10. Mustard
11. Sesame
12. Sulphur Dioxide
13. Lupin
14. Molluscs

www.leafandbean.ie |





LUNCH MENU

served from 12 noon

Homemade Soups of the Day €4.95

Always gluten free and made using real veggies.
Served with our homemade brown bread / gluten free bread

Fresh Scone of the Day (1,3,7) €1.95

Served with jam and butter.

Homemade Brown Bread (1,3,7) €1.95

Served with jam and butter or nut butter. (5,8)

~ SANDWICHES ~

Beef Brisket & Piquillo Pepper (1,3,7,10) €8.95

Slow cooked beef brisket in tomatoes and spices, garlic mayo, cheddar cheese and piquillo pepper sauce on sourdough bread.

Chicken Melt (1,3,7) €7.95

Cajun chicken, melted cheddar cheese, jalapenos and spicy mayo on sourdough bread.

Cajun Chicken & Avo Wrap (1,7) €7.95

Cajun chicken and avocado with melted cheddar cheese, sour cream and coriander served in a wrap toasted.

Black Bean Quesadilla (1,7) €6.95

Tortilla with spicy black bean paste, sour cream, jalapeno, mature cheddar cheese, and a zingy salsa.

Add for €1.50: Cajun chicken, beef brisket, chorizo, falafel.

Veggie Hummus Wrap (1,7,10,11) €6.95

Shredded veggies, Pesto beetroot hummus, Rocket and feta cheese served in a fresh wrap.

*Add cup of soup to any of the above sandwiches €2.00

~ SALADS ~

Superfood Salad (7,8,11) €8.95

Organic seasonal green salad, sweet potato, beetroot, organic falafel, feta, dukkha, pomegranate seeds, fried chickpeas, all mixed together with a lemon dressing.

Add for €1.50: Cajun chicken, beef brisket, chorizo.

Meze Plate (1,3,7,8,10,11) €8.95

Veggie kofta, broccoli and feta fritters, beetroot hummus, piquillo pepper sauce, dukkha, pomegranate seeds flatbread salad & slaw.

Black pudding & Goats cheese salad (1,7,10) €8.95

Galway Goat Farm's goat's cheese, Andarl Farm organic black pudding, apple, croutons, leaves with a honey dressing.

Add for €1.50: Cajun chicken, beef brisket, chorizo, falafel.

Smoked Chicken, Apple & Walnut Salad (8,10) €7.95

Organic seasonal green salad, smoked chicken, a juicy apple, toasted walnuts, red onion and dried cranberries with a lemon & mustard dressing.

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