



# Hot Breakfast

Served until 11.30 am

## Breakfast Sandwiches

<b>JUMBO BREAKFAST ROLL</b>	<b>€9</b>
2x bacon, 2x sausage, 1x egg, hash brown and pudding	
<b>FULL IRISH ROLL</b>	<b>€7</b>
Bacon, freshly fried egg, sausage, hash brown, white pudding	
<b>B.L.T.A</b>	<b>€9</b>
3x bacon, lettuce, tomato and guacamole on sourdough	
<b>B.L.T.</b>	<b>€6.5</b>
3x bacon, lettuce, tomato and mayo on sourdough	
<b>SAUSAGE ROLL</b>	<b>€5</b>
3x Hafner sausages in a w/ Ballymaloe relish	
<b>BACON &amp; EGG</b>	<b>€7</b>
3x bacon and 2x eggs in a crusty roll	
<b>BRUNCH BOX</b>	<b>€10</b>
2x scrambled eggs with cheese, 1x rasher, 1x sausages, 1x hash brown, 1x white pudding, spinach leaves, Ballymaloe relish and toasted sourdough	

## House Omelettes in a bowl or wrap €9.95

<b>HAVANA OMELETTE</b>
3x egg omelette w/ 2x bacon, Swiss cheese, leaves, Ballymaloe relish
<b>BURRITO OMELETTE</b>
3x egg omelette w/ bean salsa, hash brown, taco, jalapeno, lettuce, grated cheddar
<b>IRISH OMELETTE</b>
3x egg omelette w/ grated cheddar, spring onion and home cooked ham with leaves and Ballymaloe relish
<b>SPANISH OMELETTE</b>
3x egg omelette w/ chorizo, feta cheese, red onion, leaves and pesto.
<b>SWEET OMELETTE (No flour pancake)</b>
3x Eggs beaten with banana, topped with cinnamon, peanut butter, Greek yogurt & mixed berries and nuts.

## Healthy Options

<b>GRANOLA PROTEIN POT</b>	<b>€3.95</b>
Irish Greek style yogurt, granola, quinoa crunch, coulis	
<b>OVER-NIGHT OATS</b>	<b>€4.95</b>
See fridge for daily options (Oats soaked in milk overnight w/dates, cinnamon, cocoa, berries, nuts, coconut)	

# House Sandwiches

## Chicken Sandwiches

<b>ITALIAN JOB</b>	<b>€11.45</b>
Sourdough ciabatta toasted with marinated chicken, fennel sausage, mozzarella, tomato, onion, leaves, pesto, mayo	
<b>CLASSIC CLUB</b>	<b>€10.95</b>
Marinated chicken fillet, bacon, tomato melted Swiss cheese, gherkin, red onion, lettuce, (mayo & relish)	
<b>SPICY CLUB</b>	<b>€10.95</b>
Marinated chicken fillet, chorizo, melted cheddar cheese, spicy corn salsa, jalapeno, lettuce, taco sauce	
<b>NAKED CLUB</b>	<b>€8.95</b>
Marinated chicken fillet, bacon, tomato, gherkin, red onion, leaves, mayo	
<b>BRAZIL</b>	<b>€10.95</b>
Southern fried chicken, avocado, tomato salsa, lettuce, taco sauce	
<b>MISSISSIPPI</b>	<b>€8.95</b>
mixed peppers, jalapenos, iceberg lettuce, taco mayo	
<b>SPANISH ARMADA</b>	<b>€8.95</b>
Marinated chicken fillet, sliced chorizo, gherkin, red onion, leaves, mayo & basil pesto	
<b>LAPLAND</b>	<b>€8.95</b>
Marinated chicken with brie cheese, red onion, green leaves, jalapenos, cranberry sauce, mayo	
<b>TUSCANY</b>	<b>€8.95</b>
Marinated chicken, mozzarella, olives, tomato, green leaves, pesto & mayo	

## Vegetarian Sandwiches

<b>PLOUGHMAN</b>	<b>€7.95</b>
Layers of Cheddar cheese, tomato, onion, cucumber, beets, leaves, relish	
<b>MEDITERRANEAN</b>	<b>€7.95</b>
Sourdough ciabatta, mozzarella, tomato, olives, onion, leaves, mayo & pesto	

## Other Options

<b>NEW YORK</b>	<b>€8.95</b>
tomato, red onion, green leaves and Ballymaloe relish	
<b>ENNISKERRY</b>	<b>€8.95</b>
Lloyd's home cooked ham, sliced Irish cheddar, house coleslaw, vine tomato, cucumber and lettuce	
<b>HOWTH</b>	<b>€8.95</b>
House tuna mayo, red onion, mixed peppers, Swiss cheese and lettuce, mayo	

## Make Your Own

- Choose sourdough/roll/wrap and choose a sauce/dressing**  
Mayo, Taco, Cranberry, Relish, Pesto, Chilli, Honey Mustard, Honey Balsamic, Caesar
- Main ingredient (Price includes the roll/wrap)**  
Marinated chicken/Southern fried chicken fillet **€5.50** Ham/Salami/Chorizo **€4.50** Tuna **€5.50** Egg Mayo **€4.50** Cheese **€4.50**
- Additional portions:**  
Chicken €4 Ham/Salami/Chorizo €1.50 Tuna €2.50 Cheese €1.50 Egg mayo €1.50
- Toppings:**  
House salads €1.40 Avocado €2.50 Boiled egg €1 Chopped greens/ Tomatoes/Peppers/Leaves 80c

# House Salads

Choose either a Bowl or Wrap €9.95

<b>GREEK</b>
Marinated chicken, spinach leaves, feta cheese, diced cucumber, house tomato salsa, red onion, chopped olives, smashed avocado with lime and pepper, honey & balsamic dressing
<b>CAESAR</b>
Marinated chicken, tomato, cucumber, spring onion, bacon pieces, parmesan shavings, lettuce leaves, caesar dressing
<b>HARVEST</b>
Marinated chicken, brown rice combined with fresh herbs, citrus juice, nuts and seeds, roast root vegetables, spinach leaves, spring onion, pickled beets, feta cheese, honey & balsamic dressing
<b>VEGGIE HARVEST</b>
All of the above, plus a double portion of 3 bean salsa to replace the chicken for protein!
<b>CHICKEN BURRITO</b>
Marinated chicken, lettuce, spicy bean salsa, tomato salsa, brown rice with coriander, chilli & lime, jalapenos, grated cheese, sour cream & hot chilli dressing
<b>VEGGIE BURRITO</b>
Smashed avocado with lime & black pepper, lettuce, spicy bean salsa, tomato salsa, brown rice with coriander, chilli & lime, jalapenos, grated cheese, sour cream & hot chilli dressing

# Catering Options

## Breakfast Catering

Platter of breakfast rolls, our most popular combinations **€75** (Feeds 10)  
Omelette wraps or boxes **€100** (Feeds 10)  
Overnight oats made to order **€5** each  
Granola pots **€4**  
Platter of fresh pastries / scones **€45** (Feeds 10)

## Lunch Catering Menu

Platter of Mellon's house sandwiches / wraps **€95** (Feeds 10)  
A selection of our most popular wraps and sandwiches

# Meal Deals

## Breakfast Deal

Full Irish Breakfast Roll + 12oz Tea or Americano **€9.50**  
Any menu Omelette + Tea or Americano **€12.50**

## Lunch Deal

### 10 Deal!!!

Choose a sandwich from our Grab'n Go fridge and pair with either a soup or can coke + crisps for **€10**

## Value Add Bundles

Available as an add-on with any salad bowl / sandwich purchased.  
Add any can of Coke / Fanta / Sprite / River rock 500 ml water plus any Keoghs crisps for **€3.00** (+15c DRS) or  
SynerChi Kombucha can or bottle of Vit Hit + Oat Bar for **€5** (+15c DRS)

## Sweet Platter

Platter of cakes, assembled for sharing with home-made drizzle cakes, gluten free almond cakes, fresh cream cakes, caramel squares and much more **€45** (Feeds 10)

## €5 value Add Bundles

Add a miniature version of our salads on the side  
Add a home-made seasonal soup (when available)  
Add a can of kombucha + a 'Spun Out' oat bar  
Add a can of coke/sprite/500 ml water + hunky dory + chocolate bar twix