

Breakfast/Snacks

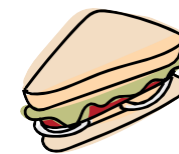


FULL IRISH BREAKFAST 1, 2, 3, 6, 7, 8, 9, 14.....	9.40
Bacon, fried eggs, sausages (2), mushrooms, tomato, white pudding, Ballymaloe relish, toast	
TOASTED BAGEL	
With butter and jam 1, 3, 7, 14	3.00
Or with smoked bacon and Ballymaloe relish 1, 7, 8, 14	5.30
GRANOLA 1, 3, 8	5.10
Crunchy granola with banana, honey and yoghurt or milk	
PORRIDGE 1, 3, 9, 10.....	5.10
Served with banana slices or strawberry and honey	
BREAKFAST PANINI 1, 2, 3, 6, 8	7.30
Sausages, bacon, scrambled egg and Ballymaloe relish	
STACK OF 3 PANCAKES 1, 3	7.10
Served with either strawberries/banana/chocolate or bacon drizzled with maple syrup	
VEGETARIAN BREAKFAST 1, 2, 3, 6, 9, 10, 14	7.60
Grilled vine tomato, mushrooms, baked beans, fried eggs and toast	
BREAKFAST BAGEL 1, 6, 7, 8	7.30
Sausage, smoked bacon, Loughnane's white pudding and relish	
SAUSAGE ROLL 1, 2, 8	2.80
With tomato ketchup or Ballymaloe relish	
BACON OR SAUSAGE SAMBO 1, 6, 8, 10, 14	4.80
Toasted on brown or white toast with Ballymaloe relish	
BREAKFAST CROISSANT 1, 3, 6, 8	4.90
Bacon, cheddar cheese and Ballymaloe relish	

Extras	tomato, baked beans, banana, strawberry	1.00
	sausage, bacon, egg, pudding, mushroom	2.00

Lunch @ Arabica

Snacks and Sambos



CROISSANT	
Plain / toasted with butter and jam 1, 2, 3	2.40
Baked ham, Swiss cheese and pineapple 1, 2, 3, 8	4.40
Milk or white chocolate 1, 2, 3	2.90
HOMEMADE SCONES 1, 2, 3, 8	2.40
Fruit, cranberry or brown, plain, toasted with butter and jam	
CLUB SANDWICH 1, 2, 6, 8, 14	8.30
Toasted brown/white bread, bacon, lettuce, chicken, mayonnaise, vine tomato and side salad	
CREOLE SANDWICH 1, 2, 6	8.30
Cajun chicken, lettuce, vine tomato, red pepper, cajun mayonnaise and side salad	
PLOUGHMANS SANDWICH 1, 3, 6, 8, 14	8.30
Baked ham, mixed leaves, cheddar cheese, ploughmans pickle & side salad	
MAKE YOUR OWN OMELETTE 1, 2, 3, 8	8.50
Choose 3 fillings, baked ham, cheddar cheese, red onion, bacon, sausage pepper, spring onion, chicken, tomato, mushroom and side salad or toast	
QUESADILLA 1, 2, 3, 6, 8	8.50
Cajun chicken, spring onion, red pepper and Swiss cheese. Served with side salad.	
GOAT'S CHEESE TARTLETS 1, 3, 9	8.50
Two tartlets filled with caramelised onion, goat's cheese, topped with sundried tomatoes, drizzled with basil pesto. Served with side salad.	

Bagels

Cream Cheese 1, 3, 7, 14	4.20
Cream Cheese and Bacon 1, 3, 7, 8, 14	5.20
Smoked salmon and cream cheese 1, 3, 7, 8, 14	6.30
B.L.T. 1, 2, 7, 8, 14	6.10
VEGETARIAN DELIGHT 1, 2, 3, 7, 14	6.60
Grilled goat cheese, baby beets, caramelised onion, wilted spinach and sundried tomatoes	
CAJUN KICKS 1, 2, 7, 14	6.60
Toasted Bagel with Cajun Chicken, Vine Tomato, Mixed leaves, Cajun Mayo	

Wraps - all served with side salad

SEASONS (GRILLED) 1, 2, 6	8.50
Chicken, guacamole, vine tomato, sweet curry mayonnaise	
LUCIA (GRILLED) 1, 3, 6, 9	8.50
Basil pesto, chicken, fresh mango, Swiss cheese, vine tomato, sweet chilli sauce	
JULIUS 1, 2, 3, 6, 8	8.50
Smoked bacon, cos lettuce, chicken, caesar dressing, parmesan shavings	
ATHENS 1, 2, 3, 6	8.50
Tomato, lettuce, red onion, feta cheese, cucumber, black olives, pesto mayonnaise	
FISHERMANS 1, 2, 5, 6, 8	8.50
Tuna, red onion, mixed leaves, scallions, vine tomatoes, mayonnaise	

Paninis Grilled - all served with side salad

GRANHA 1, 2, 3, 6, 7, 8, 9	8.50
Chicken, pesto mayonnaise, bacon, swiss cheese, vine tomato	
BRIE 1, 3, 6, 7, 9	8.50
French brie, roast chicken, apple slices and caramelised onion	
TRAD 1, 3, 6, 7, 8, 9	8.50
Garlic butter, ham, tomato, onion and Swiss cheese	
BRUSCHETTA 1, 3, 6, 7, 9	8.50
Marinated vine tomatoes with olive oil, pesto, garlic, diced red onion, Swiss cheese	
TUNA 1, 2, 3, 5, 6, 7, 9	8.50
Mixed tuna with diced red onion, scallions, mayonnaise, Swiss cheese	

Salads

ARABICA 9	8.50
Avocado, fresh mango, pine nuts, cherry tomatoes, red onion, mixed leaves. With a balsamic vinegar and olive oil dressing	
WILD ATLANTIC WAY 8	8.50
Smoked salmon, avocado, rocket, red onion, grated carrot, with a lemon vinaigrette dressing	
CAESAR 2, 3, 8, 9	8.50
Traditional cos lettuce, smoked bacon, caesar dressing, parmesan shavings (add chicken 1.00)	



Drinks @ Arabica



Coffee Menu

All our coffees are made from freshly ground, quality Fair Trade Arabica beans, we have been supporting Fair Trade Coffee and Cocoa beans since we opened our doors at 58 Dominick Street in 2008, by choosing to drink coffee that is fairly traded, You Are making a Difference.

	Reg	Large
Americano 3	2.00	2.10
Cappuccino 3	3.00	3.20
Latte 3	3.00	3.20
Flat White 3	3.00	
Dark/ White Mocha 3	3.20	3.60
Hot Chocolate 3	3.00	3.20
White Angel 3	3.00	3.20
Chai Latte 3	3.20	3.60

	Short	Reg
Espresso	1.50	2.00
Macchiato 3	2.30	2.70
Baby chino 3	1.00	

Extra Espresso shot / Syrup	0.60
Milk Alternatives Soya, Almond, Coconut, Oat	0.60

TEA 3	2.00
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SPECIALITY / HERBAL TEAS	2.10
We have a huge selection of herbal teas available. Ask your server for details	

FRESHLY SQUEEZED JUICE	3.80
Orange, Apple, Carrot or 3 in 1	

SMOOTHIES	4.00
Razzblast, Strawberry, Mixed Berry	

Allergens

1. Gluten
2. Eggs
3. Milk
4. Celery
5. Fish
6. Mustard
7. Sesame Seeds
8. Sulphites
9. Nuts
10. Peanuts
11. Crustaceans
12. Molluscs
13. Lupin
14. Soybeans

