



## WELCOME TO GOOD FOR THE SOUL

Here at Good for the Soul, our aim is to provide...

- ❑ **DELICIOUS FOOD** Prepared fresh daily, using locally-sourced, nourishing and seasonal produce
- ❑ **SPECIALITY COFFEE** Premium-grade coffee, expertly brewed and made to order by our in-house Baristas
- ❑ **FRIENDLY SERVICE** Our team is here to help – let us know if you have any questions (about our specials, coffee or life in general)
- ❑ **A WARM & WELCOMING ENVIRONMENT** Our space has been thoughtfully designed & uniquely crafted for your experience

Our ethos is **“A LITTLE BRIGHTNESS IN YOUR DAY”** and we hope you leave today feeling energised, nourished, caffeinated and happy :-)

See you again soon,

Sarah and the Good for the Soul team x

**DON'T FORGET TO FOLLOW US ON INSTAGRAM & FACEBOOK:**

**@GOODFORTHE SOULCAFE**

*Please note that our menu contains all known allergens. Don't hesitate to ask our team with any queries or consult the allergen folder on display.*

*We'll do our best to accommodate any dietary requirements where possible.*



# Breakfast

Weekdays until 11.45

## AVO TOAST

Smashed avocado on Arbutus sourdough toast with crumbled feta cheese, freshly chopped chilli and lime, topped with 2 organic poached eggs

9.5

ADD BACON + 2.6 | ADD SALMON + 3.2

## WARMING PORRIDGE BOWL

Served with berry compote and chia seeds OR banana, peanut butter + honey OR fresh fruit + toasted hazelnuts

4.9 – df option available

## BREKKIE BURRITO

Scrambled egg, spiced tomato relish, crispy bacon, Clonakilty black pudding and grated cheddar

7.5

## PANCAKES

American style pancake stack, served with your choice of Nutella OR crispy bacon & maple syrup OR mixed berry compote & yoghurt 6.9

## PBJ TOAST

Biona Crunchy peanut butter, Rose's homemade raspberry jam and toasted mixed seeds on Arbutus sourdough toast

5.5

## SOUL STACKS

Corn fritter stack served with smashed avocado, spiced tomato relish, coriander creme fraiche and topped with 2 organic poached eggs

9.5

ADD BACON + 2.6 | ADD SALMON + 3.2

## GRANOLA

Rolled oats, dried fruit, mixed seeds and nuts, toasted in coconut oil, served with natural yoghurt and fresh fruit

5.2 – df option available, gf oats available

## BREKKIE STIR FRY

Spiced potato & veggie medley served with a walnut and rocket pesto

7.9 – vegan / df

ADD 2 POACHED EGGS + 2.2 | ADD BLACK PUDDING + 2.2

## ORGANIC EGGS – YOUR WAY

Poached, scrambled or fried organic eggs on toasted Arbutus sourdough bread. Choose your add-ons below

6.3

## TOAST

Portion of sourdough or soda bread served with butter + your choice of one of... Rose's raspberry jam, peanut butter or organic honey

3.7 – gf toast available

## ADD ONS

2 Free Range Eggs   Clonakilty Black Pudding   Wilted Spinach.....	+ 2.2
Avocado   Bacon   Portobello Mushrooms .....	+ 2.6
Smoked Salmon .....	+ 3.2
Homemade Hollandaise Sauce .....	+ 1.5



## Lunch

Weekdays until 3pm

### SOUP OF THE DAY

Packed with fresh + healthy ingredients, served with house made soda bread and real butter  
5.2

### SOUP + SANDWICH COMBO

A cup of our freshly prepared Soup of the Day with a sandwich of your choice  
10.5

### SOUL SALAD BOWL

A selection of our freshly prepared salads, served with dressed mixed leaves and pickled veg, topped with house-made hummus 8.4

*Choose a protein: Add roast chicken breast, pulled pork, roast ham, or house-made falafel to your salad: + 2.0*

### DISH OF THE DAY

Check our daily specials board for what's on offer today. Vegan hot dish also available, just ask a member of the team.

### SOUL SANDWICHES

*All sandwiches served with a selection of freshly prepared house-made salads.*

#### ROAST CHICKEN

Roast Chicken Sandwich w/ sun dried tomato, pine nut stuffing, mixed leaves and rocket mayo served on sourdough 8.3

#### SPICY FALAFEL WRAP

House made falafel, pickled onions, tzatziki and rocket leaves finished with a drizzle of sriracha 8.3

#### THE GFTS CUBAN

Slow cooked pulled pork, swiss cheese, pickles and mustard mayo, served on a toasted Arbutus brioche bun 9.9

#### OPEN SALMON SANDWICH

Ballycotton smoked salmon, dill crème fraiche, mixed leaves, pickled onion and cucumber, on home-made soda bread 9.2

#### HAM + CHEESE TOASTIE

Cheddar cheese & slow cooked Ham, on toasted sourdough bread 8.3

#### RAINBOW WRAP

Roasted butternut squash, pickled beetroot, spinach, toasted pumpkin seeds and a walnut and rocket pesto 8.3 – vegan

### TREATS

Check out our counter for today's selection of treats, including energy bites, tray bake slices, cakes, flapjacks and scones

### CATERING + TAKEAWAY

Chat to any member of our team about our outside & office catering options.



## Coffee + Drinks

Every day until 4pm

We proudly serve Roasted Brown Coffee which is roasted fresh to order in Co. Wicklow. Our coffee is seasonal, just like our food, and we use only organic milk.

**{roastedbrown}**  
ROASTERS + MAKERS

### COFFEE

Americano / Long Black / Batch Brew	2.8 (Reg) / 3.3 (Large)
Latte / Cappuccino / Flat White	3.1 / 3.6
Mocha	3.3 / 3.8
Macchiato	2.8

### TEA + WARMING DRINKS

Barry's Tea	2.5
Pukka Herbal Tea	2.9
<i>Earl Grey / Lemon, Ginger &amp; Manuka Three Mint / Green / Rooibos (Tic Tock)</i>	
Hot Chocolate	3.5 / 4.0
<b>Ó CONAILL</b> <i>chocolate</i>	
Chai Latte (Home blend)	3.5 / 4.0
Turmeric Latte	3.5 / 4.0
Matcha Latte	3.5 / 4.0

### COLD DRINKS

Freshly Squeezed Orange Juice	3.0
San Pellegrino Sparkling Water	3.0
Acqua Panna Still Water	3.0
San Pellegrino Cans	3.0
Bottled Apple Juice	3.0
Synerchi Kombucha	4.0

### SMOOTHIES

(Add whey protein? + 1.00)

<b>BREKKIE SMOOTHIE</b>	Banana, oats, honey, milk and mixed berries	5.2
<b>THE NUTTER</b>	Crunchy peanut butter, banana, cacao, honey and milk	5.2
<b>VERY BERRY</b>	Mixed frozen berries, banana, natural yoghurt, orange juice & honey	5.2
<b>GREEN GLOW</b>	Spinach, banana, mango, maca powder and coconut milk	5.5
<b>GOLDEN GLOW</b>	Banana, lemon, ginger, turmeric, coconut milk	5.5