

AUTUMN / WINTER MENU



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

**All our food is cooked to order – please allow adequate time for your meal to be prepared.*

**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.*



AVO TOAST

Avocado smash with spring onion and lime, topped with crumbled feta cheese, toasted seeds and 2 organic poached eggs, on Arbutus sourdough toast

9.9

ADD BACON + 2.6 | ADD SALMON + 3.2

WINTER WARMING PORRIDGE BOWL

Slow cooked porridge in oat milk topped with house-stewed apple, toasted walnuts and cinnamon

5.2 – vegan

BREKKIE BURRITO

Scrambled egg, house-made spiced relish, crispy bacon, Clonakilty black pudding and grated cheddar

7.5

PANCAKE STACK

American style pancakes, served with your choice of Nutella OR crispy bacon & maple syrup OR mixed fruit 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 avocado smash, house-made spiced relish, coriander creme fraiche and topped with 2 organic poached eggs

9.9

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, fruit compote and fresh fruit

5.2 – vegan / gf available

BREKKIE STIR FRY

Spiced potato & veggie medley served with a house-made spiced relish

8.9 – vegan / gf

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

Breakfast

Weekdays

Until 11.45

ADD ONS

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



Lunch

Weekdays until 3pm

SOUP OF THE DAY

Packed with fresh + healthy ingredients, served with house made soda bread and real butter
5.2 (GF / vegan)

SOUP + SANDWICH COMBO

Add a cup of our freshly prepared Soup of the Day to any of our sandwiches listed below for an extra €2

SOUL SALAD BOWL

A selection of our freshly prepared salads, served with dressed mixed leaves, topped with pickled veg & house-made hummus 8.3



Choose your protein +2.20

- Roast turkey
- Pulled pork
- Roast ham
- House-made falafel
- Smoked salmon
- Boiled eggs

DISH OF THE DAY

Check our daily specials board for what's on offer today

GFTS RICE BOWL

Pan fried aubergine with red chilli, ginger, garlic and spring onions, served with bean sprouts and steamed rice 9.9 (vegan / gf)

SOUL SANDWICHES

*All sandwiches served with freshly prepared house-made salad.
Sandwiches can be made gluten-free upon request*

ROAST TURKEY SAMBO

Roast turkey, house-made cranberry sauce, herby stuffing & rocket, served on Arbutus sourdough 8.3

VEGAN FALAFEL WRAP

House made red pepper 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

THREE CHEESE TOASTIE

Cheddar, Swiss and Gubbeen smoked cheese with house pickles on toasted Arbutus sourdough bread 8.3

HAM + CHEESE TOASTIE

Cheddar cheese and slow cooked pulled ham, with house-made spiced relish 8.3

TREATS

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

FOR THE LITTLE ONES

Kids Toastie (ham + cheese)... 5.5
Kids cup of soup with soda bread... 3.0



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.



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 & Manuka Three Mint / Green / Rooibos (Tic Tock)</i>	
Hot Chocolate	3.5 / 4.0
Ó CONAILL <i>chocolate</i>	
Chai Latte (Home blend)	3.5 / 4.0
Turmeric Latte (Home blend)	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
HOLLO Kombucha	4.0

SMOOTHIES

(Add rice protein? + 1.00)

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