



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.*



LEMON + PEA SMASH

Smashed garden peas with lemon, mint and sea salt 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

PEPERONATA TOAST

Italian style roasted peppers, tomato and fresh basil on Arbutus sourdough toast w/ a rocket salad 9.9 – vegan

ADD 2 POACHED EGGS + 2.2 | ADD BLACK PUDDING + 2.6

ORGANIC EGGS – YOUR WAY

Poached, scrambled or fried organic eggs on toasted Arbutus sourdough bread.

Choose your add-ons below

6.3

PBJ TOAST

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

5.5

TOAST

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

3.7 – gluten free toast available

SOUL STACKS

Corn fritter stack served with tomato salsa, house-made spiced relish, coriander creme fraiche and topped with 2 organic poached eggs
9.9

ADD BACON + 2.6 | ADD SALMON + 3.2

BREKKIE BURRITO

Toasted tortilla wrap filled with scrambled egg, house-made spiced relish, crispy bacon, Clonakilty black pudding and grated cheddar 7.5

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

WARMING PORRIDGE BOWL

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

5.2 – vegan

PANCAKE STACK

American style pancakes, served with your choice of house-made chocolate sauce OR crispy bacon & maple syrup OR mixed fruit compote & yoghurt 6.9

Breakfast

Weekdays

Until 11.45

ADD ONS

Bacon | Portobello Mushrooms | Clonakilty Black Pudding + 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 (gluten-free / vegan)

SOUP + SANDWICH COMBO

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

GFTS VEGAN JAMBALAYA

Cajun spiced rice bowl with roast peppers, tomato and spring onion served with garlic sourdough toast 10.9 (vegan / gluten-free)

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

- o Roast chicken
- o Pulled beef
- o Roast ham
- o House-made falafel
- o Smoked salmon
- o Boiled eggs

DISH OF THE DAY

Check our daily Chef Specials board to see what's on offer today

SOUL SANDWICHES

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

ROAST CHICKEN SAMBO

Sliced chicken breast, garlic aioli, fresh leaves and tomato on Arbutus sourdough bread 8.3

THE GFTS BANH MI BUN

Slow cooked pulled beef in a Vietnamese marinade, with mango & lime slaw, fresh coriander and horseradish mayo, served on a toasted Arbutus brioche bun 9.9

HAM + CHEESE TOASTIE

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

VEGAN FALAFEL WRAP

House-made mushroom falafel with fresh carrot ribbons, cumin & garlic yoghurt, rocket and house hot sauce 8.3

OPEN SALMON SANDWICH

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

BLUE CHEESE TOASTIE

Cashel blue cheese, pickled red onion, candied walnuts and rocket on toasted Arbutus sourdough 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
Sparkling Water	2.5
Still Water	2.5
San Pellegrino Cans	3.0
Bottled Apple Juice	3.0
 Kombucha	4.0

*Add non-dairy milk to any drink + 0.5

SMOOTHIES

Add rice protein + 1.00

BREKKIE SMOOTHIE	Banana, oats, honey, milk and mixed berries	5.2
THE NUTTER	Crunchy peanut butter, banana, cacao 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