

# Café Temple Take away Menu

## Breakfast All Day


- With any Coffee**
-  **Homemade Granola Pots** €5.95 €7.95  
Lightly Roasted Organic Oats stuffed with nourishing Nuts & Seeds, served with Coconut-Soy Yogurt & Berry Compote.  
*\*Contains: 1, 10, 13*
- Irish Breakfast Ciabatta** €8.50 €9.95  
Sausages, Rashers, Fried Egg and Melted Irish Cheddar Cheese in a Rustic Ciabatta  
*\*Contains: 1, 4, 7, 14*
-  **Veggie Ciabatta** €7.50 €8.95  
Avocado, Fried Onion & Mushrooms, Fried Eggs & Melted Irish Cheddar Cheese in a Rustic Ciabatta  
*\*Contains: 1, 4, 7*
-  **Vegan Ciabatta** €7.50 €8.95  
Beetroot Sausages, Avocado, Fried Onion & Mushrooms, Creamy Hummus and Tomato in a Rustic Ciabatta. *Nom!*  
*\*Contains: 1*
- Breakfast Butty** €4.50 €6.50  
A simple Sausage or Bacon Butty in Sourdough Bread with Grass fed Butter  
*\*Contains: 1, 4, 7, 14*

## Lunch

**Any Soup Sandwich Combo  
or Sandwich Coffee Combo for €9.95**

**Vegetable Soup** €4.95  
Made with all Organic Veggies from Beechlawn Organic Farm, completely Vegan, flour & dairy free  
*\*Contains: 2*  
Served with Brown Bread (*\*Contains: 1*)

**Choose a Rustic Ciabatta or a Wrap**

 **Vegan Wrap** €7.50  
Home made Hummus, Raw Salad, Avocado, Sun Dried Tomatoes, Salad Leaves and Pesto Dressing  
**We Recommend the Wrap** *\*Contains: 1*

**Home Made Falafel** €7.95  
Sliced Tomatoes, Cucumber Slices, Mixed Raw Salad and Curried Mayonnaise  
**We Recommend the Wrap** *\*Contains: 1, 4, 13*

**BLT** €8.30  
Herterich's Streaky Rashers, Beechlawn Organic Farm Salad Leaves, Organic Tomatoes and Mayonnaise.  
**We Recommend the Ciabatta** *\*Contains: 1, 4, 13, 14*

**Grilled Irish Chicken** €8.50  
Grilled with Cajun spice, served with tomatoes, Beechlawn Organic Farm Salad Leaves, cucumber and a dollop of Garlic mayonnaise  
**We Recommend the Rustic Ciabatta** *\*Contains: 1, 4*

## Salads

- Chicken and Bacon Salad €8.95**  
A grilled irish free range chicken breast with Herterichs Streaky bacon, tomatoes, cucumber, toasted mixed nuts and sunflower seeds all on a base of our Salad mix and leaves drizzled with a honey and mustard dressing
- Falafel Superfood Salad €8.95**  
Warm homemade falafels, sundried tomatoes, cucumber, toasted mixed nuts and sunflower seeds all on a base of our raw salad mix & leaves, with a dollop of hummus and drizzled in wild garlic pesto

## HOT DRINKS

**We have full fat cows milk or  
Vegan oat milk available.**

Americano	€2.30
Double Espresso	€2.20
Latte	€2.90
Cappuccino	€2.90
Flat White	€2.50
Chai Latte	€2.90
Hot Chocolate	€3.00
Mocha	€3.50
Irish Breakfast Tea	€2.00

## ICED COFFEES

**Build your coffee, Double Shot Espresso on Ice, then Choose your Syrup & Choose your Milk**

Iced Americano	€2.30
Built Iced Coffee	€3.95

### Syrups

Hazelnut, Vanilla, Gingerbread, Caramel, Chocolate

### Milks

Cows, Oat, Almond, Coconut, Rice, Soy

## CAKE SELECTION

Plain Vegan Scones	€2.20
Fruit Scones	€2.20
Muffin of the Day	€2.75
Chocolate Chip Brownies	€3.50
Salted Caramel on Mars	€3.30

## SMOOTHIES €4.95

**Very Berry** - Forest Fruits, Banana, Coconut Yoghurt and Rice Milk *\*Contains: 13*

**Peanut Butter and Jelly** - Peanut Butter, Forest Fruits, Rice Milk, Banana and Almonds

**Tropical Irish Detox** - Spinach, coconut water, mango, pineapple, banana & ginger

*\*Allergens: 1: cereals containing gluten 2: celery 3: crustaceans 4: eggs 5: fish 6: lupin 7: milk 8: mollusc 9: mustard 10: nuts 11: peanuts 12: sesame seeds 13: soya 14: sulphur dioxide*