



(01) 555 4648

Serving 9 to 3 seven days a week

## WEEKEND MENU

Friday to Sunday Until 3pm

**AVOCADO TOAST (V)** <sup>1a 3 7 8=trace 11</sup> **12**  
2 poached eggs on Tim's Bakery sourdough toast served with smashed avocado, crumbled feta, toasted seeds & 2 hashbrowns on the side.

- Add rashers or streaky bacon **3**

**SPICY EGGS** <sup>1a 3 7 8=trace 11</sup> **12**  
Creamy scrambled eggs, spiked with chorizo, fresh chilis & spring onion, served on sourdough toast with red pepper hummus, toasted seeds, Monk's own Hot Sauce & 2 hashbrowns on the side. <sup>1a 3 7</sup>

**THE HUNGRY BROTHER** <sup>1a 3 7 8=trace</sup> **14.50**  
2 Eggs, rashers, sausages, white pudding, hashbrowns, mushrooms, grilled tomato & white toast. Comes with an Americano or Tea  
Upgrade to a Latte/ Cappuccino **+1.50**

**SISTER CHRISTIAN** <sup>1a 3 7</sup> **9.50**  
2 poached eggs, brown bread, grilled tomato, steamed spinach & pan seared seasoned mushrooms

**AMERICAN PANCAKES** <sup>1a 3 7 8=nutella</sup> **11**  
Stack of 3 fluffy american style pancakes, How would you like them?  
- With crispy bacon & maple syrup  
- With nutella & fresh strawberries

**THE ABBOT'S HABIT** <sup>1a 3</sup> **11.50**  
2 Eggs poached in a cassoulet with tomato, cannellini bean, spinach & mushroom with crunchy sourdough toast, gremolata drizzle & chives.

### POACHERS

Soft Poached eggs on toasted english muffin, smothered in **HOLY HOLLANDAISE** & served w crispy hashbrown. **PICK 1 BELOW**

**EGGS BENEDICT** <sup>1a 3 7</sup> **12.50**  
Slow Roasted Pulled Ham

**EGGS FLORENTINE** <sup>1a 3 7</sup> **11.50**  
Wilted Spinach

**EGGS ROYALE** <sup>1a 3 4 7</sup> **13.50**  
Smoked Salmon

**CHICKEN & WAFFLES** <sup>1a 3 7</sup> **15**  
Our homemade waffles topped with seasoned fried chicken breast & spicy maple syrup

**MONK'S HASH** <sup>1a 3 7</sup> **12**  
Seasoned crispy potato cubes sautéed with spinach, white onion and your choice of **Halloumi** or **Chorizo** all laid on a bed of citrus yoghurt and topped with poached eggs, gremolata drizzle & chives  
-Have both Halloumi & Chorizo **+3**

AVAILABLE FROM NOON UNTIL 3:15

**THE FRIAR CLUCK** <sup>1a 3 7</sup> **12**  
Fried seasoned chicken breast served in a brioche bun with cool mayo, shredded lettuce, sliced tomato & white onion.

**Spice it up:** Toss your chicken in either **Firecracker BBQ** or **Monk's Hot Sauce**  
**Extras:** Cheddar, Bacon, Fried Egg **+1.50 EACH**

**JALAPENO PHILLY CHEESE STEAK** <sup>1a 3 7</sup> **12**  
Finely sliced steak with sautéed peppers and onions, melted cheddar & spiced cheese, garnished with jalapenos and a few crisps on the side

**BAKED POTATO** **7.5**  
Crispy. Fluffy. Delicious. We serve each of our baked potato with butter, salt, pepper & **your choice of 2 toppings:**  
Beans / Melted Cheese / Bacon Bits / Pulled Ham / Sour Cream & Chive / Chorizo / Tuna / Spring Onion & Chillis

**Add extras +1.50 EACH**

**MONASTERY GARDEN SALAD** **8**  
A mix of chopped iceberg & spinach, tossed with shredded carrot, cucumber, tomato, red onion & balsamic vinaigrette

### PLEASE, SIR.... I WANT SOME MORE

**SPICY CHORIZO** **3.50**  
**SOURDOUGH TOAST** <sup>1a</sup> **2.50**  
**STREAKY BACON** **3.50**  
**SAUSAGES (2)** **3.50**  
**SMASHED AVOCADO** **4.50**  
**POTATO CUBES** <sup>1a Onion powder</sup> **4**  
**BASKET OF FRIES** <sup>1a</sup> **5**



# COFFEE PLEASE

**We use quality specialty coffee roasted by Badger & Dodo. All of our coffees are single origin, rated 85+ and are available for purchase in the shop for you to enjoy at home.**

## BLACK

Espresso   Americano	<b>3.40</b>
Batch Brew with free refill	<b>3.60</b>

## WHITE

Latte   Cappuccino	<b>3.90</b>
Flat White   Macchiato	<b>3.70</b>
Mocha	<b>4.20</b>
Iced Latte	<b>3.90</b>
Chai Latte	<b>4.20</b>
Matcha Latte	<b>4.20</b>

## ADDITIONS

Alt Milk (Oat / Soy / Almond / Coconut)	<b>40c</b>
Syrups *some may contain nut traces	<b>40c</b>
Extra Shot of Coffee	<b>1</b>

## NIK'S TEA

Irish Breakfast / Green Sencha / Peppermint	<b>3.20</b>
Earl Grey / Berry Treasure / Lemon & Ginger	

## COLD DRINKS

Coke / Fanta / Coke Zero / Diet Coke / Sprite Zero	<b>3</b>
San Pellegrino : Orange / Lemon	<b>3</b>
Riverrock Water: Still / Sparkling	<b>2</b>
Vital Flavoured Waters	<b>3</b>
Large Orange Juice	<b>3</b>
Orange Juice Carton	<b>1.50</b>
Large Apple Juice	<b>3</b>
Apple Juice Carton	<b>1.50</b>
Ribena Carton	<b>1.50</b>

## CHILDREN'S MENU >12

Kid's Pancakes (2):	<b>6.50</b>
Sausage & Toast	<b>5</b>
Scrambled Egg & Toast	<b>5</b>
Sausage & Chips	<b>6.50</b>
Babycino	<b>2.10</b>
Kid's Hot Chocolate	<b>2.10</b>

**Please note that there is an automatic service charge of 10% for parties of 6 or more.**

**Tips policy: Staff split cash tips evenly at the end of each day without any removal of funds. Card tips are added to staff wages on a weekly basis and split as per their working hours for that period. The cafe retains 18% of card tips to cover administration fees & charges.**