

MENU

Breakfast 08:00 – 11:00AM

Freshly Baked Morning Pastries 2.25 / 2.75

Pastries, breads & scones, available from our display counter served with jams and accompaniments. Please ask your server for details.

Overnight Oats 3.95

Irish overnight soaked oats served warm, with red berry compote and toasted super seeds, choice of dairy milk, or plant milk -Perfection takes time. (2)

Rich Greek Yogurt Bowl 4.25

Topped with apple, strawberry, goji berries & granola. (7, 10)

Hot breakfast

Scrambled Eggs 7.50

Scrambled eggs with shredded smoked salmon, baby kale, rocket pesto, and homemade wholemeal soda bread. (Available without salmon for vegetarian) (2, 4, 5, 10)

Avocado & Eggs 6.50

Avocado and poached eggs on sourdough with baby kale, red onion confit, chilli oil. Add bacon for €1 (2, 4)

Science Gallery Sausage Roll 3.50

Homemade sausage roll with seeds, herbs & salt crystals, served with Irish tomato relish. Ask your server for today's creation. (2)

Lunch 12:00 – 3:00PM

Soup Of The Day (GF) 4.95

served with our homemade soda bread and Cuinneoge farmhouse butter.

Soup and Sandwich Combo 12.00

Choose any sandwich, served with a delicious bowl of our freshly made soup of the day.

Gourmet Sandwiches 7.75

Ploughmans Perfection, smoked cheese, Irish tomato relish, sweet pickled red onion, Branson pickle, served on sourdough wedge. Add baked sliced ham .75c (2, 7, 14)

Russian Rueben, Home cooked corned beef, sauerkraut, pickles, mature cheddar, Russian dressing on sourdough. (2, 7, 14)

Open Smoked Salmon Sandwich, avocado, feta cheese cubes, pickled cucumber, wasabi mayo and on whole meal soda. (2, 4, 5, 7, 14)

Mains

The Trinity Bowl, Buddah bowl of seasonal vegetables, nuts, seeds, and plant based protein. (2, 10) (Check specials board for chefs daily selection) **9.00**

Superfood Salad, Honeyed spelt with butternut squash, smoked duckling slices, and north African spiced toasted quinoa and seeds, with brown bread. (2, 12) **8.50**

Indulgence From the Kitchen

Orange Cake
€3.50 GF (4, 10)

Vegan Tart of the Day
€4.25

Flapjack served with a basil
mascarpone €3.50

Homemade rhubarb tart
(2) €3.50

Add basil mascarpone .50c

Signature Dish 9.95

The Golden Trinity
Three Piece Buttermilk Fried Chicken (1)
(GF)

Served with chunky potato salad & gravy.

In Ireland, the average person eats 120 kg of potatoes per year. In Italy that number is only 30 kg.