



breakfast menu

served from 8am – 12pm Tuesday – Friday and 9am – 12pm Saturday

- Porridge served with Raspberry Chia Bia jam (vv) €3.50

Allergens: oats, almond milk

- Sourdough toast & Chia Bia jam (vv) with butter (v) €2.50

Allergens: milk (v option)

- French Toast (v & vv options available) €5.00

Allergens: eggs, milk (v option) almond milk (vv option)

- Chestnut Mushrooms, spinach on sourdough (vv) €5.00
add a poached or fried local free range egg (v) €7.00

Allergens: eggs

- Cheese & Kale Omelette with sourdough toast(v) €6.50

Choose from: Smoked Cheddar, Goats Cheese or Blue Cheese

Allergens: eggs, milk

- Plain Omelette served with sourdough toast (v) €5.00

Allergens: eggs, milk

All options above are cooked to order and can be ordered for sit in or takeaway.

- Chia Pudding: chia, agave syrup & cacao nibs (vv, gf) €3.50

Allergens: almond milk

- Overnight Oats: chia, flax, goji berries & agave syrup (vv) €3.50

Allergens: almond milk, oats

Drinks:

- Espresso / Macchiato €1.50
- Americano / Flat White €2.00
- Latte / Cappuccino / Hot Chocolate / Mocha €2.50
- Selection of Organic Teas €2.00
- Still / Sparkling Water 500ml €1.00
- San Pellegrino Lemon / Orange 330ml €1.50

Pretty awesome fact: The coffee we serve is roasted right here on site by 'Trá Coffee Roasters', a local family run business.

Allergens highlighted in italics. Please make us aware of any allergies you have.

All food is cooked on site in an allergen environment.

v – vegetarian

vv – vegan

gf - gluten free

@biaandbrew

www.biaandbrew.ie

We strive to provide you with the best of Irish produce and are proud to list our suppliers: Chia Seeds – Chia Bia, Sourdough Bread – Seagull Bakery, Seaweed – The Sea Gardener, Free Range Eggs - Early Bird Eggs, Apple Cider Vinegar – Clashganny Organic Farm, Cheddar Cheese – Knockanore Farm, Goats Cheese – Ardsallagh, Blue Cheese – Cashel Farmhouse Cheesemakers, Beetroot – Mooncoin Beetroot, Organic Tea – Solaris Botanicals, Fruit & Veg – Dunphy's of Annewstown, other supplies are from Musgrave Waterford and Pallas Foods.



brunch menu

served from 12pm – 3pm Tuesday - Saturday

- Soup served with brown (v) or gluten free bread (gf) €5.00

Our Soup is always vegan, dressings vary. Please ask for today's option.

All options below are cooked to order.

- Cheese & Kale Omelette with sourdough toast & mixed leaves (v) €7.50

Choose from: Smoked Cheddar, Goats Cheese or Blue Cheese

Allergens: eggs, milk

- Plain Omelette with sourdough toast & mixed leaves (v) €6.00

Allergens: eggs

- Smoked Tofu Open Sandwich with spiced red onion, humus, peppers, basil & rocket pesto with a Chia Bia Seed Mix topping (vv) *Allergens: soya, sesame, pine nuts* €7.00

add a poached or fried free range egg (v) *Allergens: eggs* €9.00

- Sautéed Asparagus Open Sandwich with beetroot humus, tarragon mayo, pickled shallot, peanut rayu, beetroot rock salt & a poached egg (v) €9.00

Allergens: sesame, mustard, egg, peanuts

- Signature Salad; Quinoa in a tarragon vinaigrette, beetroot, pickled cucumber, Chia Bia Four Seed Mix and seaweed topping on a bed of mixed leaves (vv) €7.00

add Smoked Cheddar, Goats Cheese or Blue Cheese (v) €7.50

Allergens: milk

Drinks:

- Espresso / Macchiato €1.50
- Americano / Flat White €2.00
- Latte / Cappuccino / Hot Chocolate / Mocha €2.50
- Selection of Organic Teas €2.00
- Still / Sparkling Water 500ml €1.00
- San Pellegrino Lemon / Orange 330ml €1.50

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