



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

Porridge served with homemade
raspberry Chia Bia jam, yoghurt & fruit
(vv) €3.50

Allergens: oats, almond milk

Sourdough toast served with raspberry
Chia Bia jam (vv) and butter (v) €2.50

Allergens: milk (v option)

French Toast (v & vv options) €5.00

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

Chestnut Mushrooms & spinach on
toasted sourdough (vv) €5.00

- add a poached or fried local free range egg (v) €7.00

Allergens: eggs

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

- Choose from: Smoked Cheddar,
Goats Cheese or Blue Cheese

Allergens: eggs, milk

Plain Three Egg Omelette served with
sourdough toast (v) €5.00

Allergens: eggs, milk

*All options above are cooked to order and
are available 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 / Mocha €2.50
- Hot Chocolate €2.50
- Selection of Organic Teas €2.00
- Still / Sparkling Water 500ml €1.00
- SanPellegrino Lemon/Orange €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

Use your own reusable cup and get 30c
discount!

All of our cups, lids, takeaway cutlery &
containers are compostable – please pop
them in the food bin! The takeaway boxes
are recyclable.

Please share your experience of bia + brew
with others by adding a review to Google,
Tripadvisor and Happy Cow – thank you! 😊

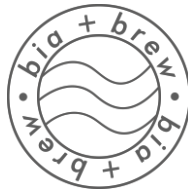
*Be social with us and join our online
community @biaandbrew*

Website: www.biaandbrew.ie

Email: hello@biaandbrew.ie

Phone: 051 393685

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 Annestown, other supplies are from Musgrave Waterford and Pallas Foods.



brunch menu served from 12pm – 3pm Tuesday - Saturday

Homemade Soup served with homemade wholemeal stout bread (v) €5.00

Allergens: milk, barley

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

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

- Choose from: Smoked Cheddar, Goats Cheese or Blue Cheese

Allergens: eggs, milk

Plain Three Egg 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 Four 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). Vegan option also available. €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 or Blue Cheese (v) €7.50

Allergens: milk

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

Mediterranean Vegetable Filo Roulade

served on a bed of red pepper fusion cous cous & Thai inspired satay sauce (v) €12.00

Allergens: milk, hazelnuts, peanuts, cous cous, pine nuts

Drinks:

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

Use your own reusable cup and get 30c discount! All of our cups, lids, takeaway cutlery & containers are compostable – please pop them in the food bin! The takeaway boxes are recyclable.

Please share your experience of bia + brew with others by adding a review to Google, Tripadvisor and Happy Cow – thank you! 😊

Be social with us and join our online community @biaandbrew

Website: www.biaandbrew.ie

Phone: 051 393685