












BREAKFAST

- Yogurt Pot**   €4.00
in a vanilla yogurt base, topped with raspberry/strawberry compote, honey coated granola and fresh berries
Vegan topping available
- Smashed Avocado**   €5.00
on toasted sourdough with tomatoes (diced or sundried) and a pesto dressing
- Sourdough Toast**   €2.50
served with raspberry Chia Bia jam and butter
- Cheesy Scrambled Eggs**    €6.50
with sourdough toast
Smoked Cheddar / Goats Cheese / Blue Cheese
- Plain Three Egg Omelette**   €6.00
with sourdough toast & mixed leaves
- Cheese & Kale Three Egg Omelette**    €7.50
with sourdough toast & mixed leaves
- Three Cheese Omelette**    €7.50
with sourdough toast & mixed leaves

We strive to provide you with the best of local and Irish produce. Allergens highlighted in symbols. All food is cooked in an allergen environment.

 Vegan  Vegan Option Available  Gluten Free

SMOOTHIES

- All Vegan Smoothies** €3.50  
- Tropical Twist** pineapple, papaya, mango, apple and a hint of creamy yogurt
- Fruity Blast** strawberries, blueberries, bananas, orange and creamy yogurt
- Clean & Green** pineapple, mango, avocado, banana, butternut squash, orange and basil
- Beetroot Burst** mango, strawberry, blueberry, red beetroot, ginger and coriander
- Option: Add chia seed for an Omega 3 boost*

LUNCH

- Homemade Soup**    €5.00
served with a choice of bread
Sourdough , Brown Bread , Gluten Free Bread 
- Smoked Tofu Open Sandwich**      €7.00
with spiced red onion, hummus, roasted skinned peppers, basil & rocket pesto with a Chia Bia Four Seed Mix topping
- Roasted Asparagus Open Sandwich**       €7.00
with beetroot hummus, tarragon mayo, pickled shallot, peanut rayu & beetroot rock salt
- bia Melt on sourdough**  €5.00
how you like it...
Choose your cheese , 3 toppings and a dressing
- Toppings:* beetroot hummus , mixed leaves, cumin hummus , roasted peppers, sun-dried tomatoes, spiced red onion, pickled cucumber, beetroot, smoked tofu 
- Dressing:* Pesto , Peanut Rayu   , Ketchup , Mayonnaise  
- bia+brew Salad**     €7.00
Quinoa in a tarragon vinaigrette, beetroot, pickled cucumber, Chia Bia Four Seed Mix and seaweed topping on a bed of mixed leaves

OPTIONAL EXTRAS FOR ALL DISHES

- Fried or Poached Egg  €2.00
Cheese (Smoked Cheddar / Goats Cheese / Blue Cheese)  €0.50
Any Extra Toppings €0.50

HEALTHY TREATS

- Chocolate Chip Cookies    €2.00
- Gluten Free Chia Choco Brownies    €3.00
- Plain or Fruit Scones w/Chia Jam    €3.00
- Raspberry Traybake   €2.00
- *All balls €2 each or 3 for €5*
- Trá Coffee Buzz Balls    €2.00
- Heavenly Peanut Butter Bliss Balls    €2.00
- Choco, Hemp & Chia Protein Bombs    €2.00
- Coconut, Oat and Seedy Bites    €2.00

ALLERGENS LIST



DRINKS

HOT - Trá Coffee Roasters

- | | |
|---------------------------------|-------|
| Espresso | €1.50 |
| Macchiato | €1.50 |
| Americano | €2.00 |
| Flat White | €2.00 |
| Latte | €2.50 |
| Cappuccino | €2.50 |
| Mocha | €2.50 |
| Hot Chocolate | €2.50 |
| Organic Teas | €2.00 |
| Breakfast Tea, Rooibos Cacao | |
| Chai, Jasmine Green, Peppermint | |
| Delight, Ginger Zest, Chamomile | |
| Dream, Berry Fruity, Earl Grey | |

COLD

- | | |
|---------------------|-------|
| Still Water | €1.00 |
| Sparkling Water | €1.00 |
| Coconut Water | €2.00 |
| San Pellegrino Cans | €1.50 |
| Glass Orange Juice | €2.00 |
| Glass Apple Juice | €2.00 |
| Kid's Juices | €1.00 |

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