



# Mug & Mingle

## BREAKFAST MENU

### Breakfast Bap

**Brioche Bun with Tomato Relish, Sausage, Bacon, Halloumi Cheese, Fried Egg:** 1, 3, 7, 9, 10 €9.00

**Breakfast Bundle** €11.00

Breakfast Bap + Hot Drink

### Crossaints

**Ham & Cheese Croissant** €5.50

**Morning Croissant + Hot Drink** €8.00

Ham & Cheese Croissant: 1, 3, 7

**Kids Meal** €7.00

Ham & Cheese Croissant (1, 3, 7)  
+ Small Juice/ Mini Hot Choco

**Almond Croissant:** 1, 3, 7, 8 €4.00

**Almond Croissant + Hot Drink** €6.50

### Pastries

**Pastry + Hot Drink** €6.00

**Pain Au Chocolat:** 1, 3, 7 €3.50

**Cinnamon Roll:** 1, 3, 7 €3.50

**Chocolat Twist:** 1, 3, 7 €3.50

### Granola Bowl

**Smoothie of Preference, Granola & Seasonal Fruits with optional Peanut Butter, Chia Seeds, Sliced Almonds, or Nuts** €8.00

- Granola: 1, 7 (depending on the recipe)
- Optional toppings: 5, 8

### Overnight Oats

**Plain Oats** €4.00  
(with Almond Milk) 1, 8


**Matcha Oats** €4.50  
(Oats, Greek Yogurt, Matcha, Chia Seeds) 1, 7

**Choco Oats** €4.50  
(Oats, Choco-Almond Milk, Choco Chips, Choco Syrup): 1, 7, 8

**All bundle deals are from:  
7am - 11am Monday - Friday  
8am - 11am Saturdays.**

**ALLERGENS:** 1.Cereals/ 2.Crustaceans/ 3.Eggs/ 4.Fish/ 5.Peanuts/ 6.Soybeans/ 7.Milk/ 8.Nuts/ 9.Celery/ 10.Mustard/ 11.Sesame/ 12.Sulphur dioxide & sulphites / 13.Lupin / 14.Molluscs.

Please be aware that deliveries containing Almond Croissant & Almond Scones may be packed together and have the potential to cross contaminate other pastries. As such, all pastries and scones are listed as containing Trace Of Tree Nuts (Almonds).





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## SMOOTHIES MENU

### GREEN NERVIOSO

Protein  
(PUREPOWER)

No Protein

**Banana, avocado, spinach with coconut milk (optional mint leaves). 7**

€7.50

€6.50

### MANCHI'S TAN

**Mango, turmeric, greek yogurt, orange juice & chia seeds. 7**

€6.50

€6.00

### TIGRA ROSA

**Strawberry, raspberry, blueberries, greek yogurt & almond milk. 7,8**

€6.50

€6.00

### CHOCO MAGGIE

**Banana, greek yogurt, cocoa powder & almond milk. 7,8**

€7.50

€6.50

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## BRUNCH MENU (FRIDAY & SATURDAY)

11:00 AM - 15:00 PM

### Waffles

#### **Savoury Waffles**

€10.00

Butter, Egg, Bacon & Cheese: 1, 3, 7, 8

#### **Sweet Bliss Waffles**

€10.00

Peanut Butter or Nutella, Banana,  
Strawberries & Maple Syrup or Choco  
Syrup: 1, 5, 7, 8

### Venezuelan Arepas

#### **Pelúa**

€10.00

Pulled Pork and Grated Cheddar Cheese,  
Butter: 7

#### **Reina Pepiada**

€10.00

Avocado Mayo, Red Onion, Shredded  
Chicken, Butter: 3, 7





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## SANDWICH MENU

### **CAJUN CIABATTA**

**€9.50**

CAJUN CHICKEN, RED CHEDDAR CHEESE, BACON & SPECIAL CABBAGE ON A CIABATTA BREAD

### **GRILLED VEGGIE**

**€9.00**

GRILLED ZUCCHINI, BELL PEPPERS & EGGPLANT ON A SOURDOUGH BREAD WITH HUMMUS, PICKLED RED ONIONS & MIX LEAVES

### **CAPRESE**

**€9.00**

FRESH MOZZARELLA, TOMATO, BASIL LEAVES WITH BALSAMIC GLAZE & OLIVE OIL ON A MULTIGRAIN SOURDOUGH BREAD

### **CARNITAS**

**€9.50**

PULLED PORK, CHEDDAR CHEESE, JALAPEÑOS & SPECIAL CABBAGE ON A CIABATTA BREAD

### **SPICY TUNACADO**

**€8.50**

SPECIAL TUNA ( SRIRACHA, SALT, PEPPER, MAYO), AVOCADO, TOMATO, EMMENTAL CHEESE & MIX GREENS ON A MULTIGRAIN SOURDOUGH BREAD

### **HALLOUBEEF**


**€9.50**

ROAST BEEF, HALLOUMI, TOMATO RELISH, RED PICKLED ONIONS & SPECIAL SLAW ON SOURDOUGH BREAD

### **BEETROOT EGG**

**€8.50**

EGG MAYO SALAD ( MAYO, BOILED EGGS & SPRING ONIONS), EMMENTAL CHEESE & BETTER BEETROOT PICKLE ON A CIABATTA BREAD



## Sandwich Menu:

1. **Cajun Ciabatta** (Cajun Chicken, Red Cheddar Cheese, Bacon, Special Cabbage on Ciabatta Bread): 1, 7 **9.50€**
2. **Grilled Veggie** (Grilled Zucchini, Bell Peppers, Eggplant on Sourdough Bread with Hummus, Red Pickled Onions & Mixed Leaves): 1, 10, 11 **9.00€**
3. **Caprese** (Fresh Mozzarella, Tomato, Basil Leaves with Balsamic Glaze & Olive Oil on 4-Seed Sourdough Bread): 1, 7 **9.00€**
4. **Carnitas** (Pulled Pork, red cheddar Cheese, jalapeños, special cabbage on Sourdough Bread): 1, 3, 7, 10 **9.50€**
5. **Spicy Tunacado** (Special Tuna - Sriracha, Salt, Pepper, Mayo), Avocado, Tomato, Cheese & Mixed Greens on 4-Seed Sourdough Bread): 1, 3, 4, 7, 10 **8.50€**
6. **Halloubeef** (Roast Beef, Halloumi, Tomato Relish, Red Pickled Onions & Special cabbage on Sourdough Bread): 1, 7, 10 **9.50€**
7. **Beetroot Egg** (Egg Mayo Salad - Mayo, Boiled Eggs, Spring Onions), Emmental Cheese & Beetroot Pickle on Ciabatta Bread): 1, 3, 7, 10 **8.50€**

# ALLERGENS LIST

## 14 Allergens Key:

1. **Cereals containing gluten** (e.g., wheat, rye, barley, oats)
2. **Crustaceans** (e.g., crab, lobster, shrimp)
3. **Eggs**
4. **Fish**
5. **Peanuts**
6. **Soybeans**
7. **Milk** (including lactose)
8. **Nuts** (e.g., almonds, hazelnuts, walnuts, cashews)
9. **Celery**
10. **Mustard**
11. **Sesame seeds**
12. **Sulphur dioxide**
13. **Lupin**
14. **Molluscs** (e.g., mussels, clams, squid)