



WILD FLOWER CAFÉ MENU

Our menu is created from locally sourced organic produce where possible. We hope you enjoy our food. Please have a look at our black boards for specials today or ask a member of staff. Please let us know of any allergies.

DAILY

Healthy Breakfast:

- ◇ Granola bowl with Greek yogurt, handmade gluten free Wild Flower granola, banana, blueberries and raspberry chia jam €7.95 (GF) (Vegan option).

Light Bites:

- ◇ Soup of the day with soda bread or sourdough bread €7.95 (V, GF).
- ◇ Gourmet pork and black pudding sausage roll - €4.50.
- ◇ Add fresh Side Salad with locally fermented veg - €5.

Lunch:

- ◇ Tofu schnitzel wrap with carrot and red cabbage slaw and sauerkraut - €8.95 (V, GF).
- ◇ Spelt sourdough cheese toastie with red onion and sun-dried tomatoes - €8.95 (vegan option available + €2).
- ◇ Locally produced kimchi cheese toastie on spelt sourdough - €10.95 (vegan option available + €2).
- ◇ Soup & Toastie Lunch Special
 - Spelt sourdough cheese toastie - €14.95.
 - Kimchi cheese toastie - €16.95.
 - Vegan sourdough toastie - €16.95 (V).

Desserts:

- ◇ Chocolate fudge brownie - €4.50 (add ice cream + €3; V, GF).
- ◇ Orange and cardamon polenta and almond cake with mascarpone cream - €6.50 (GF).
- ◇ Lemon and polenta cake with mascarpone cream - €6.50 (GF).
- ◇ Raspberry scones with mascarpone cream and raspberry chia jam - €4.50.

SWEET TREATS €4.50

Heavy on taste, light on you.

Wild Flower Café Sweet Treats are handmade, vegan, gluten free and made with healthy raw ingredients.

Energy balls | Zesty Lemon and almond square | Reese's pieces square
Choc salted date almond caramel square | Snickers (contains peanuts)
Fudge black bean brownies | Mixed nut, oats and quinoa flap jacks

ALL DAY BRUNCH FRIDAY – SUNDAY

- ◇ Turkish eggs, with free-range egg on a bed of creamy dill yogurt, homemade harissa tomato ragu, drizzled with olive oil, served with toasted sourdough - €14.50.
- ◇ Wild Flower Signature Vegan Dish - Scrambled tofu on toasted spelt sourdough served with smashed avocado, rocket pesto, kimchi and fermented veg and sriracha sauce - €14.50 (option with scrambled free range egg available; GF, V).
- ◇ Vegan sourdough French toast soaked in chickpea and black salt batter with fried peaches, vegan yogurt, sprinkled with Wild Flower gluten free granola and maple syrup - €14.50 (GF, V).
- ◇ Spelt sourdough french toast with free-range scrambled egg, crispy bacon and maple syrup - €14.50.
- ◇ Homemade waffles with a choice of toppings - €11.50 (GF).
 - Healthy raw Nutella, Banana, mascarpone cheese and maple syrup.
 - Lemon curd, cream and maple syrup, sprinkled with granola.
 - Raspberry chia jam and cream, sprinkled with granola.
- ◇ Wild Flower Signature French sourdough toast layered with free range scrambled egg, mascarpone cheese, raspberry chia jam, sprinkled with Wild Flower gluten free granola (GF) - €14.50.

Ayurvedic Drinks €4.50

Vegan and Gluten Free Blends

- ◇ Magical Ashwagandha cacao and mixed spice coconut nectar
- ◇ Mushroom magic cacao and mixed spice coconut nectar
- ◇ Golden Chai latte Turmeric, mixed spice, pepper coconut nectar
- ◇ Brazilian cacao Guarana chili cayenne pepper mixed spice and cacao coconut nectar
- ◇ Organic Cacao Liquor

Add plant based milk - .50c

GF = Gluten Free; V = Vegetarian