



DRINKS

HOT

Ponaire Specialty Coffee:

Americano	2.5
Cappuccino	3.1
Latte	3.1
Flat White	3
Macchiato	3
Mocha	3.4
White Mocha	3.4
Espresso (S)	2.2
Espresso (D)	2.5



ALL DRINKS AVAILABLE IN DECAF

EXTRAS

Extra Shot	0.5
Non Dairy (Soy, Oat, Almond)	0.5
Flavour Shot	0.5

O'Connails Hot Chocolate:

Milk	3
White	3
Dark	3
Marshmallows/Cream	+ 0.5 each



TEAS

Barry's Breakfast Tea	2.5
Herbal Tea	2.9
Green/Peppermint/Earl Grey	
/Berry Love / Chamomile	

ICED

Espresso Tonic	3.5
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ALL HOT DRINKS AVAILABLE ON ICE

KEEP CUP DISCOUNT

€0.20 discount on all takeaway hot beverages

COLD

Bottled Water (Still/Sparkling)	2.2
San Pellegrino (Lemon/Orange)	2.8
Coke/Diet Coke/Coke Zero	2.3
Glass of Fresh Orange Juice	2.5
Bottle Orange Juice	3
Vit Hit (Berry/Green)	2.5

ALL DAY BRUNCH

MELON BURST (V/VE)

Seasonal Melon with chia seeds 3

BERRY HONEY SWIRL (V)

Killowen natural yoghurt with seasonal fruit and honey 4.5

IRISH PORRIDGE (V)

Hot Irish porridge served with seasonal fruit and walnuts soaked in honey 4.5

THE BEDFORD GRANOLA (V)

Irish made Granola served with Killowen natural yoghurt and wild fruit compote 5

PANCAKES (V)

Golden pancakes served with Canadian maple syrup 4.5
+ Nutella/Fruit/Cream + 0.5 each

WAFFLES (V)

Belgian waffles served with fruit compote & Canadian maple syrup 5
+ Bacon + 2.5

CLASSIC AVOCADO SMASH (V/VE)

On two slices of sourdough toast with feta and chilli flakes garnish 5.5

EGGS & AVOCADO SMASH (V)

Our classic topped with two free range poached eggs 7.5

POACHED EGGS (V)

Served with two slices of sourdough toast 5.5

CROISSANT MELT

French butter croissant stuffed with bacon and feta/cheddar cheese 4.5

HALL OF FAME

BEDFORD BREAKFAST FLATBREAD

Rustic flatbread of the day topped with bacon 7.5

+ Poached egg + 1.5

POWER BREAKFAST BOARD (V)

Half portion of Eggs & Avocado Smash + Cup of granola/porridge + Glass of Fresh OJ 10

RISE & SHINE BREAKFAST BOARD

Granola/Porridge Bowl + Melon Cup + Glass of Fresh OJ 10

SWEET TREATS

Croissant / Scone 3
Add any Hot Drink 5

Mini Cupcake	1
Macaroon	1
Cookies	2
Apple Crumble	3
Apple Slice	3
Muffins (Chocolate/Blueberry/Toffee)	3
Sweet Treat of the Week	3

V = Vegetarian VE = Vegan

Please ask your server for our full list of Allergens

ADD ONS

Fruit Cup	2
Toast w/ butter & jam	2.5
Poached Egg	1.5
Bacon	2.5
Avocado Smash	3
Halloumi	2.5
Soup Cup	2.5

LUNCH

SOUP OF THE DAY

Served with sourdough toast 4.5

VEGGIE CROISSANT MELT (V)

French butter croissant stuffed with avocado and feta 4.5

BEDFORD FLATBREAD

- Mediterranean (V) 7.5
- Daily Special

CAPRESE BRUSCHETTA (V)

Sourdough topped with mozzarella & marinated tomatoes 6.5

HAM & CHEDDAR BAP

Limerick ham and Irish cheddar cheese beautifully combined with tomatoes and Ballymaloe relish served on a toasted rustic bap 6.95

SWEET CHILLI CHICKEN WRAP

A bit of zing! Warm chicken breast in a sweet chilli sauce with peppers & melted Irish cheddar cheese 6.95

CHICKEN CAESAR SALAD

Fresh mix of romaine lettuce, chicken breast, bacon, parmesan, caesar dressing & croutons 7.95
Make it a Wrap 6.95

HALLOUMI SALAD (V)

Panfried halloumi cheese, mixed leaves, spinach, pesto, mixed nuts & balsamic dressing 7.95
Make it a Wrap 6.95

BEETROOT, FETA & AVO SALAD (V)

Fresh beetroot wedges, mixed leaves, baby tomatoes mixed with feta, avocado, seeds & balsamic dressing 7.95
Make it a Wrap 6.95

ALL LUNCH DISHES ARE SERVED WITH DRESSED LEAVES

RETAIL ITEMS: ENJOY AT HOME

See pricelist on counter