

eathos

HOT BREAKFAST / GRAB & GO

- Breakfasts can be served individually or we can serve in large platter boxes

Sausage rolls With crumbled black pudding	€6.00
Vegetarian sausage rolls With spiced lentil, garlic, onions	€6.00
Avocado smash slice toasted sourdough, Macroom feta, homemade peanuts rayu 1(wheat), 5, 7, 11	€5.00
<i>Add poached/fried egg for €1.75</i>	
Artichoke shakshuka pots with tomato, zaatar, chickpea, harissa and coriander yogurt, toasted sourdough 1(wheat), 3, 6, 7, 11	€7.50
Buckwheat pancakes (2 stack) Vanilla Mascarpone cream, strawberry, mango honeycomb, almond butter 3, 7, 8 (almond)	€9.50
Breakfast salad pots Yuzu aubergines, galangal beets, poached egg, feta yogurt, Aleppo chilli and sea salt pumpkin seeds 1 (wheat), 3, 7, 12	€9.50
Seasonal porridge With apple and black berry compote, pistachio crumb, pecan oat crunch 8 (almond, pecan, pistachio)	
Small €6.85	
Large €8.85	
Mini Breakfast Poached/scrambled eggs, streaky bacon, sausage, sourdough toast 1(wheat, Barley), 3, 6, 12	€9.95
Mini Vegetarian Breakfast Poached/scrambled eggs, slow roasted tomatoes, tamari mushrooms, sourdough toast 1(wheat, Barley), 3, 6, 12	€9.95
Breakfast Sandwich with bacon, sausage & scrambled egg on buttermilk loaf	€9.95



ALLERGENS

①cereal ②Crustaceans ③egg ④fish ⑤peanut ⑥soybean ⑦milk ⑧nuts ⑨celery ⑩mustard ⑪sesame seeds ⑫sulphur dioxide ⑬lupin ⑭molluscs

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COLD BREAKFAST / GRAB & GO

Fruit Pots with seasonal berries and mixed fruit	€5.65
Granola Pot with nut clusters, yogurt & fresh berries 5, 7, 8 (Pecan, Almond)	€4.95
Overnight Oats with Apple & Pear compote and pistachio crumb 8 (Pecan, Almond, Pistachio)	€5.65
Chia pudding with kiwi & mango	€5.65
Pastries from Firehouse bakery (Pain au choc / Cinnamon swirl / Croissant / Pain Au raisin / Custard Danish)	€3.55
Oat tray bake with cranberry and pistachio 7, 8 (almonds, pistachio, walnuts, pecans)	€4.85
Paleo Muffin , all-natural muffin made with almond flour, orange zest, honey, red berries & walnut 3, 8 (walnut, almonds)	€4.95
Acai smoothie bowl Nut cluster, toasted granola, banana, peanut butter, passion fruit, toasted coconut, goji berries, cacao nibs, bee pollen 1,5,8(pecan, almond)	
Small Acai	€7.50
Large Acai	€12.00



ALLERGENS

① cereal ② Crustaceans ③ egg ④ fish ⑤ peanut ⑥ soybean ⑦ milk ⑧ nuts ⑨ celery ⑩ mustard ⑪ sesame seeds ⑫ sulphur dioxide ⑬ lupin ⑭ molluscs

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HOT LUNCH – BUFFET

One choice mains €25.50 pp (*excludes seafood option)
Two choice mains €32.00 pp

*-Available as **Served / Self-served buffet** or in **Supper Bowls / Hot Pots**
-All options come with a choice of **saffron infused rice** or **herbed baby potatoes**
-Minimum order quantity – **30 people***

LAND

Guinness braised beef feather blade, pearl barley, horseradish crème fraiche **1 (Barley), 7**
Crispy Chinese pork belly, ginger and lime rice, seasonal sesame greens, Szechuan pickled cucumber **6, 11, 12**
Grilled tikka marinated chicken, light Indian dahl butter sauce, fenugreek curry toasted almond **7, 8, 10, 12**
Sticky hoi sin chicken thigh, Korean rainbow kimchi rice **1, 6, 11, 12**
Chicken and chorizo white bean casserole, Dalkey mustard cream, tarragon and kale **7, 10, 12**

SEA

Howth Harbour seafood, baby spinach, fennel, sun blushed tomatoes, smoked paprika and roast garlic **2, 4, 9, 12, 14**
Soy glazed salmon, sweet potato miso mash, sesame and chilli broccoli **4, 6, 7, 11, 12**

PLANT BASED

Aubergine satay, garlic tofu, carrot, tamari soy, ginger, pak choi, sesame beans **5, 6, 11, 12**
Spiced haloumi, lentil dahl, mango chutney, mint, sweet potatoes **7, 8 (Almond), 11, 12**
White miso roast cauliflower, brown basmati and wild rice, pak choy and sesame **6, 11, 12**

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COLD LUNCH - BUFFET

Protein €8.15 per portion

Salad €5.75 per portion

-Served individually or in platter boxes, which are ready to serve and garnished for presentation

Proteins

Turkey and courgettes kofta, cranberry and pomegranate jam **3**

Char sui salmon Rice vinegar, lime leaves, chilli **1 (wheat), 4, 6, 12**

Purple beet falafel Sweet and tangy hummus, pumpkin seed dukkah **11, 12**

Harissa and honey charred Chicken Date spiced Greek yoghurt **7, 12**

Eathos Veggie Option (Please ask your server – changes weekly)

Salads

Spiced peanut & cabbage slaw Savoy and red cabbage, sweet red peppers and chilli cream **3, 5, 7, 11, 12**

Asian nori slaw purple cabbage, carrot, lime, toasted sesame seed, tamari dressing **6, 11, 12**

Sweet potato fennel seed, fenugreek onions, curry yoghurt, mint and curry almonds **7, 8 (almond), 10, 12**

Black rice with lentil, kale, mint, parsley, pickled red cabbage, cranberry's, sea salt roast pumpkin seeds **12**

Barley & feta crumble, baby spinach, tomato, grilled peppers, roasted sunflower kernels, parsley, lemon dressing **1 (barley), 7, 12**

Zingy courgette & cauliflower apple, crème fraiche, lemon, pickled courgette, tarragon, dill **7, 10, 12**

Yuzu aubergines galangal beets, feta yogurt, Aleppo chilli, sea salt pumpkin seeds **6, 7, 12**

Green beans miso, tamari soy, garlic, chilli, sesame seed, peanut **5, 6, 11, 12**



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LUNCH - GRAB & GO

SANDWICHES €8.95

Pulled ham *Dijon mustard, smoked Block & Barrel cheddar, chunky piccalilli* **1, 7, 10, 12**

Harissa chicken *tahini labneh, hazelnut dukkha, pink onions, baby spinach* **1, 7, 10, 12**

Slow cooked beef *mustard pickle spread, onion jam, baby spinach* **1, 3, 10, 12**

Vegetarian *Cumin roast squash, piccalilli, feta whip, curried almond crunch* **1, 8 (Almonds), 10, 12**

Add: **Cup of soup** (Add on for sandwiches) **€2.50**

Cup of Chowder (Add on for sandwiches) **€4.50**

SOUP & CHOWDER

Bowl of Soup, served with sourdough & Cuinneog butter **€8.50**

Bowl of Chowder, served with our homemade Guinness brown bread & Cuinneog butter **€11.50**



MEZZE

Minimum order for 10 people

Mezze Platter – Toasted Pita, hummus, falafel, tabbouleh, pickled cucumber & onions with olives and halloumi cheese **P.O.A**

Charcuterie board – Selection of artisanal cheeses, cured meats with sourdough and dips **P.O.A**

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CANAPES & FINGER FOOD

Selection of **2 hot** and **2 cold** €22.00 pp

Selection of **3 hot** and **3 cold** €27.50 pp

Selection of **4 hot** and **4 cold** €33.00 pp

Selection of **3 hot, 3 cold** and **2 sweet** €33.00 pp

Please Note: A charge of 15% applies to numbers less than 60

COLD CANAPES

Seared rare beef with soft herb and shallot verdi crostini **1, 3, 7, 10, 12**

Hot smoked salmon, Guinness brown soda bread with chermoula and labneh **1 (Barley, Oats, Wheat), 3, 4, 7, 12**

Air dried ham, hazelnut, caraway onion, St. Tola goat's cheese **1 (Wheat), 7, 8 (Hazelnut), 10, 12**

Prawn taco with avocado cream, lime infused salsa **1 (Wheat), 2, 3, 7, 12**

Dublin Bay crab waffle with lime and coriander confetti **1 (Wheat), 2, 6, 7, 8 (Almond), 10, 11, 12**

Arabic bruschetta with sumac and Macroom feta (*Vegan version available*) **1 (Wheat), 3, 7, 10, 12**

Candied pecan, cranberry and Boille goat cheese bon bon **7, 8 (Pecan), 12**

Cashel blue, caramelized leek and buckwheat walnut tart **3, 6, 7, 8 (Walnut), 9, 11**

Charred corn, avocado puree, corn cracker **1 (Wheat)**

HOT CANAPES

Chicken and chorizo arancini, merguez sausage mayo **1 (Wheat), 3, 7, 12**

Braised beef and barley risotto fritter, tarragon dip **1 (Wheat), 3, 7, 10, 12**

Piri Piri chicken skewer with harissa sour cream **7**

Hegarty cheddar and pepper relish croque monsieur **1 (Wheat), 3, 7, 10, 12**

Wild mushroom and truffle orzo 'n' Cheese bites, pickled walnut puree (also avail in vegan) **1, 3, 6, 7, 8 (Walnut) 10, 12**

Mini beef and chimichurri slider, Cashel Blue cheese and smoked paprika mayo **1 (Wheat), 3, 7, 10, 12**

Pulled pork sausage rolls with smoked ketchup **1 (Wheat), 3, 6, 7, 10, 11**

Blackened cod, mizo glaze, crispy seaweed **2, 3, 4, 6, 7, 10, 12**

SWEET CANAPES

Sweet Canapes Praline and chocolate mini baked doughnuts **1 (Wheat), 3, 6, 7, 8 (Almond, Hazelnut)**

Chocolate, berry and crumble brownie **1 (Wheat), 3, 6, 7, 8 (Almond)**

Lime and mango curd mini tart with torched meringue **1 (Wheat), 3, 7**

Local berries and crème fraiche mini pots with dry berry meringue **3, 7**

Nutella mousse cake squares with peanut chocolate ganache **1 (Wheat), 3, 5, 6, 7, 8 (Almond)**

Caramel milk chocolate ganache baskets with candied nuts **1 (Wheat), 3, 5, 6, 7, 8 (Pistachio, Walnut, Hazelnut)**

Strawberry and vanilla cream wagon wheel **1 (Wheat), 3, 6, 7**

Milleven honey cake, sour cherries and dulce de leche **1 (Wheat), 3, 7**

Soy caramel, milk chocolate and pear pots, yuzu jelly **1 (Wheat), 3, 6, 7**

Rock and rolling carrot cake with orange frosting **1 (Wheat), 3, 7, 8 (Almond, Hazelnut)**

Spiced pear tart, Jameson caramel emulsion **1 (Wheat), 3, 7**

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INDIVIDUAL CAKES & PATISSERIE

Double chocolate brownie with hazelnut & Morello cherry 3, 6, 7, 8 (Almond, Hazelnut)	€4.65
White chocolate and cranberry blondie with white chocolate ganache 3, 6, 7, 8 (Almond)	€4.65
Cranberry and pistachio oat tray bake 7, 8 (almonds, pistachio, walnuts, pecans)	€4.85
Raspberry and coconut s'more, coconut marshmallow & sable biscuit with white chocolate and raspberry crisps 1(wheat), 3, 6, 7	€3.65
Raspberry tart with pistachio, chocolate sable pastry case filled with white chocolate with notes of vanilla, raspberries, and pistachio crumb 1(wheat) 3, 6, 7, 8 (pistachio)	€6.35
Lemon and blueberry tea cake with whipped lemon & lime ganache 1, 3, 6, 7	€5.50
Milk Chocolate Wagon wheel with gluten free sable biscuits & a Pineapple, lime and ginger jam centre 3, 6, 7, 8 (Almond)	€5.50
Vegan Lemon tart with crunchy oat base and fresh fruit 8 (Cashew)	€6.50
Vegan decadent Chocolate cake with chocolate ganache and orange creme pate 1(wheat), 6	€5.50
Vegan oat, date, almond and peanut cake, <i>pumpkin</i> , sunflower, raspberries, almond, pistachios 5, 6, 8(almond, pistachio)	€4.75
Paleo Muffin, all-natural muffin made with almond flour, orange zest, honey, red berries & walnut 3, 8 (walnut, almonds)	€4.95



~ Our gluten free products may not be suitable for a person with Coeliac disease as they are made in the same environment as our products containing gluten

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MINI CAKES

Mini Paleo Muffin, all-natural muffin made with almond flour, orange zest, honey, red berries & walnut 3, 8 (walnut, almonds)	€2.50
Mini Pastries (Cinnamon Swirl, Vanilla Custard, Pain au choc, raisin swirl)	€1
Mini Scones	€2
Brownies bites	€2.50
Blondie bites	€2.50
Mini Oat tray bakes	€2.50
Mini S'mores	€2.50
Vegan oat & Date bites	€2.50
Macaroons (<i>Minimum order 30</i>)	€0.75

FULL CAKES

-Minimum 3 day lead time for orders before 12pm

White Chocolate & raspberry cheesecake	€45
Hazelnut & Dulce de leche mousse cake (Available as GF)	€45
Carrot cake with orange frosting	€45
Coconut, Almond & tropical curd cake	€45
Strawberry yogurt cake	€45
Vegan Lemon & Blueberry cake	€45
Add: Personalised message	€5

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BEVERAGE

Hot

Includes paper cups, stirrers, milk & sugar

Flask of Niks Tea (15 Cups)	€ 45.00
Flask of Niks Tea (30 people)	€ 90.00
Flask of 3FE Coffee (15 Cups)	€ 55.00
Flask of 3FE Coffee (30 People)	€ 110.00
Flask of 3FE Coffee (50 People)	€ 160.00

Cold

San Pellegrino Sparkling (Lemon / Orange)	€1.75
San Pellegrino Sparkling Water	€2.75
Acqua Panna Still Water	€2.75
Sisu cold pressed shots (Ginger / Turmeric)	€2.75
SynerChi Kombucha Sparkling Cans (Cola / Apple & Elderflower)	€3.25
Sisu Cold Pressed Juices (Daily Greens / Orchard Blend)	€3.75
Sisu Cold Pressed Orange Juice	€3.75
Sisu Organic Kombucha (Original / Ginger / Blueberry)	€3.75

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