

eathos

Breakfast (Last orders 11.45am)

Pulled pork croquettes , apple and onion marmalade, spinach, poached egg, brisket hollandaise 1 (wheat), 3, 7, 10, 12	€15.25
Breakfast salad Yuzu aubergines, galangal beets, poached egg, feta yogurt, Aleppo chilli and sea salt pumpkin seeds 1 (wheat), 3, 7, 12	€14.00
Gubeen chorizo scrambled eggs , avocado smash, pickled red chilli, tomato, nigella seed, turmeric on toasted sourdough 1 (wheat), 3, 10, 12	€16.00
Avocado smash toasted sourdough, Macroom feta, homemade peanuts rayu, poached eggs 1(wheat), 3, 5, 7, 11	€12.00
Crab and tomato poached egg, spinach, lime, chili and hollandaise 1(Wheat), 2, 3, 4, 6, 7, 12	€17.00
Toasted breakfast crumpet Crowes streaky bacon, spinach, poached egg, hollandaise 1(Wheat), 3, 6, 7	€15.00
Artichoke shakshuka poached eggs, tomato, zaatar, chickpea, harissa and coriander yogurt, toasted sourdough 1(wheat), 3, 6, 7, 11	€14.50
<i>Add Gubeen chorizo €5.75</i>	
Eathos style full Irish Inch House black pudding, poached eggs, Crowes streaky bacon, sausage, sweet potato cake, roasted tomato, mushroom, sourdough toast 1(wheat, Barley), 3, 6, 12	€17.50
Acai smoothie bowl Nut cluster, toasted quinoa granola, banana, peanut butter, passion fruit, toasted coconut, goji berries, cacao nibs, bee pollen 5, 8 (pecan, almond)	€12.00
Buckwheat pancakes Vanilla Mascarpone cream, strawberry, mango honeycomb, almond butter 3, 7, 8 (almond)	€12.00
Seasonal porridge With apple and black berry compote, pistachio crumb, pecan oat crunch 8 (almond, pecan, pistachio)	€8.85
Toasted bread board , Cuinneog butter, seasonal jam and homemade nut butter 1(wheat), 7, 8	€6.85

Sides

Inch black pudding	€5.75	1(barley)	Avocado smash	€4.75
Gubeen chorizo	€5.75		Extra eggs (2)	€4.35 3
Panko fried Macroom Halloumi	€5.15	1(wheat), 7	Tamari mushrooms	€4.50 6,7
Crowes streaky bacon	€5.75		Sourdough toast	€3.35 1(wheat)
Sausages (2)	€4.95	1(wheat),10	House made gluten free bread	€3.50 7
Hot smoked salmon	€5.75	4	Peanut Rayu	€2.75 5,11

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

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

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Eathos hot

3FE coffee

Double Espresso	€3.50
Macchiato / Cortado	€3.70
Black Coffee (Americano)	€3.70
White Coffee (Flat white, Latte, Cappuccino) 7	€4.00
Nutella Hot chocolate 6, 7, 8(hazelnut)	€3.80
Mocha 6, 7, 8(hazelnut)	€4.20
Filter	€4.00
Iced Coffee	€4.20
Matcha latte 7	€4.85

Niks Teas

Breakfast Tea	€3.00
Green Tea	€3.70
Peppermint Tea	€3.70
Rooibos Tea	€3.70
Berry Tea	€3.70
Chamomile Tea	€3.70
Earl Grey	€3.70
Matcha Tea	€4.80

Eathos 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

Wines

Please ask your server for our wine menu

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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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Lunch (served cold)

Selection of two salads	€11.25	Protein with two salads	€18.50
Selection of three salads	€15.50	Protein with three salads	€20.50
One Protein & one salad		€13.50	

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, paprika 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**

Soup & Chowder

Soup of the day (Please ask your server) **€8.50**

served with Sourdough **1(wheat)**

Howth Harbour seafood chowder **€11.50**

with Guinness and treacle bread **1(wheat), 4, 7, 9, 14**

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All Day Brunch (Last orders 2.30pm)

Pulled pork croquettes , apple and onion marmalade, spinach, poached egg, brisket hollandaise 1 (wheat), 3, 7, 10, 12	€15.25
Breakfast salad Yuzu aubergines, galangal beets, poached egg, feta yogurt, Aleppo chilli and sea salt pumpkin seeds 1 (wheat), 3, 7, 12	€14.00
Gubeen chorizo scrambled eggs , avocado smash, pickled red chilli, tomato, nigella seed, turmeric on toasted sourdough 1 (wheat), 3, 10, 12	€16.00
Avocado smash toasted sourdough, Macroom feta, homemade peanuts rayu, poached eggs 1(wheat), 3, 5, 7, 11	€12.00
Crab and tomato poached egg, spinach, lime, chili and hollandaise 1(Wheat), 2, 3, 4, 6, 7, 12	€17.00
Toasted breakfast crumpet Crowes streaky bacon, spinach, poached egg, hollandaise 1(Wheat), 3, 6, 7	€15.00
Artichoke shakshuka poached eggs, tomato, zaatar, chickpea, harissa and coriander yogurt, toasted sourdough 1(wheat), 3, 6, 7, 11	€14.50
<i>Add Gubeen chorizo €5.75</i>	
Acai smoothie bowl Nut cluster, toasted quinoa granola, banana, peanut butter, passion fruit, toasted coconut, goji berries, cacao nibs, bee pollen 5, 8 (pecan, almond)	€12.00

Sides

Inch black pudding	€5.75	1(barley)	Avocado smash	€4.75	
Gubeen chorizo	€5.75		Extra eggs (2)	€4.35	3
Panko fried Macroom Halloumi	€5.15	1(wheat), 7	Tamari mushrooms	€4.50	6,7
Crowes streaky bacon	€5.75		Sourdough toast	€3.35	1(wheat)
Sausages (2)	€4.95	1(wheat),10	House made gluten free bread	€3.50	7
Hot smoked salmon	€5.75	4	Peanut Rayu	€2.75	5,11

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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 <i>gluten free</i> sable biscuits & a Pineapple, lime and ginger jam centre 3, 6, 7, 8 (Almond)	€5.50
White chocolate wagon wheel with sable biscuits, marshmallow and strawberry centre 1, 3, 6, 7, 8 (Almond)	€4.65
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
Freshly baked Scones or Croissants 1, 3, 6, 7	€3.55

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3FE coffee

Double Espresso	€3.50
Macchiato / Cortado	€3.70
Black Coffee (Americano)	€3.70
White Coffee (Flat white, Latte, Cappuccino) 7	€4.00
Nutella Hot chocolate 6, 7, 8(hazelnut)	€3.80
Mocha 6, 7, 8(hazelnut)	€4.20
Filter	€4.00
Iced Coffee	€4.20
Matcha latte 7	€4.85

Niks Teas

Breakfast Tea	€3.00
Green Tea	€3.70
Peppermint Tea	€3.70
Rooibos Tea	€3.70
Berry Tea	€3.70
Chamomile Tea	€3.70
Earl Grey	€3.70
Matcha Tea	€4.80

Eathos 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

Wines

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Saturday Brunch - All day brunch (Last orders 3pm)

Pulled pork croquettes , apple and onion marmalade, spinach, poached egg, brisket hollandaise 1 (wheat), 3, 7, 10, 12	€15.25
Breakfast salad Yuzu aubergines, galangal beets, poached egg, feta yogurt, Aleppo chilli and sea salt pumpkin seeds 1 (wheat), 3, 7, 12	€14.00
Gubeen chorizo scrambled eggs , avocado smash, pickled red chilli, tomato, nigella seed, turmeric on toasted sourdough 1 (wheat), 3, 10, 12	€16.00
Avocado smash toasted sourdough, Macroom feta, homemade peanuts rayu, poached eggs 1(wheat), 3, 5, 7, 11	€12.00
Crab and tomato poached egg, spinach, lime, chili and hollandaise 1(Wheat), 2, 3, 4, 6, 7, 12	€17.00
Toasted breakfast crumpet Crowes streaky bacon, spinach, poached egg, hollandaise 1(Wheat), 3, 6, 7	€15.00
Artichoke shakshuka poached eggs, tomato, zaatar, chickpea, harissa and coriander yogurt, toasted sourdough 1(wheat), 3, 6, 7, 11	€14.50
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Eathos style full Irish Inch House black pudding, poached eggs, Crowes streaky bacon, sausage, sweet potato cake, roasted tomato, mushroom, sourdough toast 1(wheat, Barley), 3, 6, 12	€17.50
Acai smoothie bowl Nut cluster, toasted quinoa granola, banana, peanut butter, passion fruit, toasted coconut, goji berries, cacao nibs, bee pollen 5, 8 (pecan, almond)	€12.00
Buckwheat pancakes Vanilla Mascarpone cream, strawberry, mango honeycomb, almond butter 3, 7, 8 (almond)	€12.00
Seasonal porridge With apple and black berry compote, pistachio crumb, pecan oat crunch 8 (almond, pecan, pistachio)	€8.85

Sides

Inch black pudding	€5.75	1(barley)	Avocado smash	€4.75	
Gubeen chorizo	€5.75		Extra eggs (2)	€4.35	3
Panko fried Macroom Halloumi	€5.15	1(wheat), 7	Tamari mushrooms	€4.50	6,7
Crowes streaky bacon	€5.75		Sourdough toast	€3.35	1(wheat)
Sausages (2)	€4.95	1(wheat),10	House made gluten free bread	€3.50	7
Hot smoked salmon	€5.75	4	Peanut Rayu	€2.75	5,11

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Green Tea	€3.70
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Eathos cold

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Sisu Cold Pressed Juices (Daily Greens / Orchard Blend)	€3.75
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