

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

eathos

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

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

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

eathos

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**

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

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

eathos

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 |

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

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

eathos

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 |

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

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

eathos

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

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

eathos

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 |
| <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 |

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

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

eathos

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

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

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