



# THE FUMBALLY

We only use meat suppliers who give their animals the freedom to roam, our eggs are always free range. We try to use as much organic and local produce as we can.

## BREAKFAST (SERVED ALL DAY)

### PORRIDGE 5.00 *(SERVED UNTIL 12)*

coconut milk oats (g.f) with date and ginger caramel, tahini and toasted flax

### TOAST 3.00

Served with butter, homemade jam and nut butter.  
Le Levain Rustic / Brioche / Gluten Free (+50c)

### AVOCADO 6.00

Avocado on rustic toast w/ pickled red cabbage, toasted seeds & popped amaranth.

### FUMBALLY EGGS 6.00

Lightly scrambled eggs with olive oil, Gubbeen cheese, garlic and tomatoes on toasted brioche

### THINGS YOU CAN ADD

Gubbeen hot smoked ham 2.00	Avocado 2.00
Lacto fermented hot sauce .50c	Eggs 2.00
Pickled Red Cabbage 1.50	Nut Butter 1.50

## LUNCH (SERVED 12 - 4PM)

### THE REGULARS

#### FALAFEL

*Wrap 6.50 Plate 9.00*

Flatbread with falafel balls, hummus, harrisa tomato sauce, tzatziki, minted tomatoes and cucumber, fresh and pickled cabbage mix, fresh herbs.

#### PULLED PORCHETTA 6.50

Le Levain ciabatta with overnight fennel & garlic braised pork, caper mayo and plum compote.

#### SALAD PLATE 9.50

Our three daily salads served with hummus and rustic bread.

#### AVOCADO 9.50

Avocado on rustic toast w/ pickled red cabbage, toasted seeds & popped amaranth with our daily salads.

### THE SPECIALS

The things that change every day.  
Check the boards behind the till for full descriptions.

#### SOUP 5.00

#### MEAT SANDWICH 7.00

#### VEG SANDWICH 6.50

#### MEAT / FISH SPECIAL 12.00

#### VEGETARIAN / VEGAN SPECIAL 12.00

#### SMALL PLATES 3.00 - 6.00

(see small plates board behind the till)

### SIDES & FERMENTS

Cup of Soup 2.50

Side Salad 3.50

Hummus & seeded crackers 4.50

Falafel balls 2.00

Pickled Red Cabbage 3.50

Kimchi 3.50



## DRINKS MADE IN-HOUSE

---

### FRESH JUICE

Smoothie 4.00

Straight up Orange Juice 3.50

### FERMENTED

Our fermented drinks use mother cultures to start the process, and flavours build from there. The gentle fizz is a natural result of the fermentation process

Lemon, Turmeric & Ginger fizz 3.50

Kombucha 3.50

Seasonal Kefir 3.50

Shot of probiotic fermented cabbage + ginger juice 1.00

## BEERS & WINES

---

### WHITE WINE

'Domaine de Menard, 'cuvée Marine', France - 6 / 25  
natural - crisp, white peach, mineral

Bodegas Menade, Verdejo, Spain - 8 / 32  
Natural - Stone Fruit, Lime, Fresh

M Runkel, Grauerburgunder (Pinot Gris), Germany - 34  
Organic - Punchy, Mineral, Grapefruit

### IRISH BEER AND CIDER

Whiplash 330ml Rollover Session IPA 5.50  
A very heavily hopped yet still fruity session IPA

Brooklyn 330ml American Lager 4.50  
A dry-hopping beer with distinked caramel malt flavour

Craggies 500ml Ballyhook Flyer 6.50  
A exceptional dry Irish cider from the hills of Wicklow.

## COFFEE & TEA

---

### WHERE WE GET OUR COFFEE

House Roaster - 3fe (Dublin)  
Guest Roaster - April (Copenhagen)  
We use mainly single origin coffee but also dabble with a blend from time to time

Black 2.70

White 3.00

Filter 3.50

Set 4.00

Guest Coffee +50c

Sunflower Milk +40c

Decaf +40c

Your own reusable t/a cup -20c

### TEAS

Irish Breakfast, Earl Grey, Jasmine Green, Camomile, Rooibos  
Peppermint, Home Grown Lemon Verbena

Mug 2.00

Pot 3.00

### OTHER HOT DRINKS

Chai latte 3

Hot Chocolate 3

Made with our own chai spice blend

### RED WINE

Bodegas Nobus 'Chaval', Bobal, Spain - 6 / 25  
*Organic - Raspberry, Elegant,*

Bodegas Fuentenarro, Tinta Fina, Ribero del Duero - 7.5 / 30  
*Natural - Cherry, Plum, Juicy*

Mas Lau 'Cuvee L', Carignan, France - 32  
*Natural - Aromatic, Red Berries, Silky*

Antonio Camillo 'Principo', Cilieglio, Italy - 35  
*Natural - Cherry, Plum, Juicy*

Wicklow Wolf 500ml IPA 6.50  
Dry hopped IPA with strong citrus notes

Dot Brew 500ml Rye Ale 6.50  
A light bodied ale with aromas of caramel made in dublin

Dungarvan Blonde 500ml Lager 6.50  
Refreshing, Bright and Aromatics lager