



Breakfast, Lunch & Light Bites

Everything made fresh, in-house from whole foods.

Minimum order €50.00. Free Delivery within 5Km of Cork City Centre.



Overnight Oats Pot (Vegan on request) €4.95

Irish Rolled Oats and Oat Milk, on a Fruit Compote and topped with Fruit Coulis, Toasted Flaked Almonds, Coconut and Mixed Seeds
* 1 (oats), 8 (almonds), 11, 12

Green Table Granola and Yogurt Pot €4.95

Natural Yogurt on a Fruit Compote and topped with in-house Granola
* 1 (wheat, rye, barley, oats), 7, 8 (almonds, walnuts), 11, 12



Apple and Cinnamon Breakfast Muffin €3.00

Packed with Irish Rolled Oats, Fruit and Nuts
* 1 (wheat, oats), 3, 7, 8 (walnuts)

Protein Ball €1.00

Dates, Almonds, Cashew Nuts and Cacao rolled in Desiccated Coconut
* 8 (almonds, cashew nuts)

Breakfast Bag €9.00

Choice of Overnight Oats OR Granola & Yogurt Pot, Protein Ball and Juice



All Day Salad Bowl €8.50

A selection of freshly prepared Salads, House Hummus and Fresh Leafy Greens
* 1 (wheat), 3, 4, 7, 8 (almonds, walnuts), 9, 10, 11, 12

Add Meat * 9, 10 / Falafel * 9 €1.50

Lunch Bag (Add Meat/Falafel for €1.50) €15.00

All Day Salad Bowl, Slice of Cake and Juice



Sandwich Platter €70.00

Premium selection of sandwiches using quality local ingredients and homemade pickle and chutney. All on a mix of white and brown batch loaves, sourdough baguette and flat bread. Serves 10

* 1 (wheat), 3, 7, 9

Platter of Mini Fruit Cups €40.00

24 mini Fruit Cups filled with an assortment of fresh fruit.



Small Bites Selection €45.00

8 each: Mini Caramelised Red Onion and Black Olive Tarts, Mini Chorizo and Cheese Frittata, Sweet Pea Guacamole on Tortilla Chips, Mini Chicken and Basil Mayo Wraps, Parmesan Cheese Straws. Total 40 pieces

* 1 (wheat), 3, 7

Irish Cheese and Charcuterie Platter €60.00

Selection of Irish Cheeses and Charcuterie; homemade breads, Parmesan cheese straws and crackers; homemade mackerel pate, cucumber pickle and chutney; olives, vegetable crudites and fruit. Serves 4 as substantial meal or 8 as antipasti.

* 1 (wheat), 3, 4, 7, 9, 10



Selection of Mini Muffins €45.00

60 mini muffins in three flavours: Carrot Cake, Blueberry & Vanilla and Lemon.

* 1 (wheat), 3, 7, 8 (walnuts)

Tray of Bitesize Brownies €55.00

90 bitesize Chocolate and Walnut Brownies

* 1 (wheat), 3, 6, 7, 8 (walnuts)

* **Allergens:** 1 Cereals containing gluten; 2 Crustaceans; 3 Eggs; 4 Fish; 5 Peanuts; 6 Soybeans; 7 Milk; 8 Nuts; 9 Celery; 10 Mustard; 11 Sesame Seeds; 12 Sulphur Dioxide & Sulphites; 13 Lupins; 14 Molluscs



Quiche and Platter Selection

Everything made fresh in-house from whole foods, always using Irish creamery butter and Irish free-range eggs. Meats, cheese and vegetables are sourced locally. Substitutions may be required depending on seasonal availability.

Each quiche or platter serves 8-10 as part of a buffet selection.

Free Delivery within 5Km of Cork City Centre, €30.00 flat charge upto 30Km.



Quiche Lorraine €37.50
With Bacon and Hegarty's Cheddar Cheese
* 1 (wheat), 3, 7

Roast Pepper, Chorizo and Goat Cheese Quiche €37.50
With Gubbeen Chorizo and Ardsallagh Goat Cheese
* 1 (wheat), 3, 7



Roast Vegetable and Ardsallagh Feta Quiche €32.50
Made with roasted Mediterranean or Winter Vegetables depending on season
* 1 (wheat), 3, 7

Salmon and Leek Quiche €40.00
With fresh and smoked salmon, melting leeks and Hegarty's Cheddar Cheese
* 1 (wheat), 3, 4, 7



Falafel Platter (Vegan) €32.50
Home-made Baked Falafels, Hummus and Middle Eastern Tomato Salad, served with Pitta Bread
* 1 (wheat), 9, 11

Meat Platter €55.00
Choice of freshly cooked Ham or Turkey or half and half, served with home-made Chutney and Cucumber Pickle
* 9, 10



Dressed Salmon Platter €85.00
A side of Baked Salmon on a bed of Leaves, dressed with pickled cucumber and lemon. Served with Marie-Rose Sauce
* 1 (barley), 2, 3, 4, 9

Spiced Vegetable Strudel (Vegan) €32.50
Moroccan spiced Butternut Squash with Almonds and Raisins, wrapped in Puff Pastry. Dressed with fresh leaves. Serves 8
* 1 (wheat), 8 (almonds)



Kids Party Platter €40.00
6 each: Mini Pasta in Tomato Sauce, Mini Cheese and Onion Frittata, Mini Chicken and Basil Mayo Wraps, Hummus and Vegetable Crudites, Tomato and Mozzarella (or Cheddar) Sticks, Cheese Straws
* 1 (wheat), 3, 7, 9

Home-made Bread Selection €10.50
Midi Brown Yeast Bread Loaf, Rosemary and Sea salt Focaccia, mini White Soda Bread Scones
* 1 (wheat), 3, 7

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Salad Selection

Salads are hand cut and made fresh on the day using sustainably grown, locally sourced vegetables and herbs. Substitutions may be required depending on seasonal availability.

Prices quoted are for 1Kg of salad, serves 8-10 as part of a buffet selection.
Minimum order 1Kg.

Free Delivery within 5Km of Cork City Centre, €30.00 flat charge upto 30Km.



Jewelled Couscous Salad (Vegan on request) €22.00
With Pomegranate, Almonds, Cranberries and Mixed Seeds
* 1 (wheat), 8 (almonds), 11, 12

Green Table Coleslaw €18.00
With Fresh Herbs and Hegarty's Smoked Cheddar
* 3, 7



Cabbage, Fennel and Apple Salad (Vegan on request) €22.00
In a French vinaigrette dressing
* 10

Puy Lentil, Pomegranate and Walnut Salad (Vegan) €22.00
In a Pomegranate Vinaigrette dressing
* 8 (walnuts)



Mexican Black Bean Salad (Vegan) €22.00
With Peppers, Sweetcorn and Avocado in a Lime Dressing

Cabbage, Fennel and Raisin Slaw €22.00
With Fresh Herbs and Lime in a Creamy Dressing
* 3, 7

Green Table Potato Salad €18.00
With Fresh Herbs and Spring Onion
* 3, 7, 10



Rice Salad with Cranberries, Almonds and Fresh Herbs €18.00
In a Pomegranate Vinaigrette Dressing
*8 (almonds), 11, 12

Tabbouleh (Vegan) €18.00
Bulger Wheat with Tomato, Cucumber and Spring Onion in a Zesty Dressing
* 1 (wheat)



Crunchy Asian Noodle Salad €18.00
With Peppers, Celery, Carrot and Courgette in a Tangy Asian Dressing
* 1 (wheat), 3, 4, 9

Roasted Pepper, Tomato and Olive Chickpea Salad (Vegan) €22.00
With Roasted Garlic and Fresh Herbs

Broccoli, Ardsallagh Feta and Roasted Tomato Pasta Salad €22.00
In a French Vinaigrette Dressing
* 1 (wheat), 7, 10

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Heat at Home Selection

Everything made fresh in-house from whole foods, always using Irish creamery butter and Irish free-range eggs. Meats, cheese and vegetables are sourced locally. Substitutions may be required depending on seasonal availability.

All items require heating/baking at home.

Free Delivery within 5Km of Cork City Centre, €30.00 flat charge upto 30Km.



Green Table Chicken and Red Pepper Curry €48.00

A whole free range chicken and peppers in a tomato and coconut based sauce flavoured with a blend of 9 freshly ground spices, garlic and ginger. Serves 6
* 10



Green Table Chickpea and Cauliflower Curry (Vegan) €36.00

Chickpeas and cauliflower in a tomato and coconut based sauce flavoured with a blend of 9 freshly ground spices, garlic and ginger. Serves 6
* 10



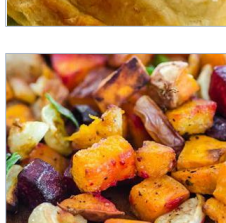
Beef Lasagne €55.00

Layers of rich beef ragu topped with creamy bechamel sauce and freshly grated Parmesan. Requires 60mins baking time at home. Serves 8
* 1 (wheat), 3, 7, 9, 10



Peperonta and Toons Bridge Ricotta Lasagne €50.00

Layers of juicy mixed peppers and ricotta topped with creamy bechamel sauce and freshly grated Parmesan. Requires 60mins baking time at home. Serves 8
* 1 (wheat), 3, 7, 10



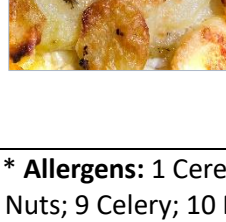
Lentil Chilli (Vegan) €36.00

Puy lentil chilli with tomatoes, peppers and kidney beans flavoured with jalapeno chillis, spices and lime. Serves 6



Three Cheese Vegetable Pie €45.00

Seasonal vegetables in a creamy sauce made with Hegarty's Cheddar Cheese, Smoked Gubbeen and Parmesan covered in flaky puff pastry. Requires 55 mins baking time in home oven. Serves 8
* 1 (wheat), 3, 7, 10



Chicken and Leek Pie €55.00

A whole free range chicken and melting leeks in a creamy sauce, covered in flaky puff pastry. Requires 55 mins baking time in home oven. Serves 8
* 1 (wheat), 3, 7, 9



Beef and Mushroom Pie €60.00

Beef and mushrooms in a hearty sauce, covered in flaky puff pastry. Requires 55 mins baking time in home oven. Serves 8
* 1 (wheat), 3, 9

Roast Root Vegetable Selection €16.00

Seasonal root vegetables with rosemary and honey. Requires 40 mins baking time in home oven. Serves 8

Potatoes au Gratin €27.50

Layers of thinly sliced potato, cream and garlic topped in freshly grated Parmesan cheese. Requires 55 mins baking time in home oven. Serves 8
* 7

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Dessert and Cake Selection

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Pavlova

Made with fresh cream, seasonal fruit and fruit coulis. Serves 8
* 3, 7

€36.00

Lemon Meringue Pie

Filled with homemade lemon curd and generously topped with meringue.
Serves 8-10
* 1 (wheat), 3, 7

€37.50



Bakewell Tart

Shortcrust pastry filled with seasonal jam and almond sponge, topped with flaked almonds. Serves 8
* 1 (wheat), 3, 7, 8 (almonds)

€22.00

Chocolate Cake

Filled with Chocolate buttercream and covered in chocolate glaze. Decorated with cream. Serves 12
* 1 (wheat), 3, 6, 7

€45.00



White Chocolate Cheesecake

White Chocolate filling on a homemade oat biscuit base. Decorated with white chocolate and cream. Serves 12-14
* 1 (oats), 6, 7

€48.00

Berry Cheesecake

Berry filling on a homemade oat biscuit base. Decorated with white chocolate and cream. Serves 12-14
* 1 (oats), 6, 7

€48.00



Chocolate Caramel Muffins

12 Chocolate muffins, topped with chocolate buttercream and a hidden pocket of chocolate caramel ganache.
* 1 (wheat), 3, 6, 7

€36.00

Apple and Cinnamon Cake (Vegan)

Soft, moist, and filled with apple pieces. Topped with apple and cinnamon sugar. Serves 8
* 1 (wheat, oats), 6

€18.00



Selection of Mini Muffins

60 mini muffins in mix of three flavours: Carrot Cake, Blueberry & Vanilla and Lemon.
* 1 (wheat), 3, 7, 8 (walnuts)

€45.00

Chocolate Brownies

24 Chocolate and Walnut Brownies. Walnuts can be substituted for chocolate chips.
* 1 (wheat), 3, 6, 7, 8 (walnuts)

€48.00

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