

LUNCH MENU

IL FICO

- CAFE / WINE BAR -

STARTERS

Soup of the Day

Ask a member of staff for the soup of the day and any allergen information needed
€6.50

Pancetta and Cheese Arancini

Arancini filled with pancetta and vintage cheddar, served with wild garlic pesto, shaved Parmesan and fresh rocket (gw,mi,e,nc)
€9.50

Bruschetta

Rustic ciabatta, mozzarella, rosemary oil, garlic butter, salsa rossa (gw,gy,mi,sp)
Vegan-friendly option available
€7.50

Prawns

Prawns served in a chilli and sundried tomato oil with rustic toasted sourdough crostini (gw,gy,mi)
€13

Melon and Prosciutto

Juicy melon and cured prosciutto with a basil and mixed leaf salad
€8.50

Italian Beef Polpette

Italian-style beef meatballs, classic marinara, goats cheese and parsley yoghurt, mint, toasted sourdough (gw,gy,mi,e)
€11.50

MAINS

Italian Club

Whole-wheat ciabatta with Mortadella, Parma ham, Milano salami, buffalo mozzarella, romaine lettuce, smoked paprika aioli, house side salad (e,gw,gy,gr,mi,np)
€14

Meatball Sub

Rustic ciabatta, meatballs, classic marinara sauce, goats cheese and parsley yoghurt, mint, rocket, vintage cheddar, house side salad (gw,gy,mi,sp,e)
€13.50

Mushroom Toast

Toasted sourdough, romaine lettuce, stuffed portobello mushrooms, onion, celery, sundried tomato breadcrumbs, vegan cheese, rosemary aioli, side of fries (gw,gy,ce)
€13.50

Chicken Parmigiana Burger

Brioche bun, crispy coated buttermilk chicken, romaine lettuce, herbed tomato hot sauce, home-made slaw, vintage cheddar, side of house fries (gw,gy,mi,mu,sp)
€15.50

Gourmet Beef Burger

Brioche bun, beef patty, crispy pancetta, mozzarella, fresh rocket, salted tomatoes, wild garlic pesto, side of house fries (gw,gy,mi,e,nc)
€16.50

Steak Sambo

Toasted garlic buttered ciabatta, pan-seared skirt steak with mushrooms, onions, vintage cheddar, fresh rocket, rosemary aioli, side of house fries (gw,gy,ce,mi)
€17

SALADS

Goats Cheese Salad

Honey baked goats cheese with beetroot, candied walnuts, mixed leaves, cherry tomatoes and wild garlic pesto (gw,mi,e,nc)
€14

Buttermilk Chicken Caesar Salad

Crispy coated buttermilk chicken, romaine lettuce, smoked bacon lardons, shaved Parmesan, garlic & thyme croutons, creamy Caesar dressing (gy,gw,mi,fi,e)
€14.50

Strawberry & Pomegranate Salad

Fresh strawberries, pomegranate, ripe vine tomatoes, basil, seasonal leaves, salsa rossa, extra virgin olive oil, balsamic reduction (mi,mu,sp)
€13.50

DESSERTS

Vegan Belgian Chocolate

Dark chocolate crumb, vegan vanilla bean ice cream (gw,na)
€7.50

Limoncello Cheesecake

Zesty Limoncello cheesecake with a buttery biscuit base and fresh cream (gw,mi,e)
€7.50

Tiramisu

Marsala mascarpone, lady fingers, chocolate crisp, mocha ice cream (gw,mi,e)
€7.50

 Vegetarian  Vegan

All our meats are of Irish origin. Our suppliers: Robinson's meat, Henderson's, Baker Street Bakery, Nugents.
Allergen key: fi: fish, mi: milk, e: eggs, ce: celery, mu: mustard, se: sesame, cr: crustacean, sd: sulphur dioxide, so: soybean, sp: sulphite, p: peanut, np: nut pistachio, na: nut almond, nc: nut cashew, gw: gluten wheat, gy: gluten yeast, gr: gluten rye, l: lupin, mo: molluscs

BREAKFAST MENU

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MAINS

Pastry with Butter and Jam

Tea or coffee with a freshly baked pastry, butter and home-made jam (mi,e)
€6.50

Porridge

Choice of milk, dark chocolate, banana, honey, pumpkin and sunflower seeds (mi)
Vegan-friendly option available with dairy-free milk
€6.50

Mushroom Toast

Toasted sourdough, romaine lettuce, stuffed portobello mushrooms, onion, celery, sun-dried tomato breadcrumbs, vegan cheese, rosemary aioli, side of fries (gw,gy,ce)
€13.50

Avocado Toast

Toasted sourdough, spicy avocado spread, fried free-range egg, sun-dried tomato crumbs, watercress, salsa rossa, seasonal side salad (gw,gy,e)
€12.50
Add oak smoked salmon (fi) +€4.50

Brioche Scramble Combo

Brioche bun, scrambled free-range eggs, vintage cheddar, crispy bacon, tomato and olive salsa, served with our house salad (gw,gy,mi,e)
€12.50

Breakfast Bap Combo

Brioche bap, white pudding spread, crispy bacon, Italian sausage, tomato ketchup, vintage cheddar and a fried free-range egg with our house salad (gw,gy,mi,e)
€12.50

Vegan Breakfast

Deep fried aubergine sticks, crispy tofu, vegan sausages, balsamic mushrooms, rosemary potatoes, baked beans, roast tomato and toasted sourdough (gw,so,sp)
€13

The Full Works

Fried free-range egg, Italian sausage, smoked crispy bacon, Whelan's white and black pudding, balsamic mushrooms, baked beans, rosemary potatoes and toasted sourdough (gw,gy,sp,e)
€13.50

SIDES

Portion of Sausages

€3.50

Portion of Rashers

€3.50

Portion of Eggs

(e)
€3.50

Portion of Toast

(gw,gy,gr)
€2.50

Portion of Mushrooms

€2.50

Portion of Rosemary Potatoes

(e)
€2.50

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BRUNCH MENU

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MAINS

Breakfast Bap Combo

Brioche bap, white pudding spread, crispy bacon, Italian sausage, tomato ketchup, vintage cheddar and a fried free-range egg, served with our house salad (gw,gy,mi,e)
€12.50

Brioche Scramble Combo

Brioche bun, scrambled free-range eggs, vintage cheddar, crispy bacon, tomato and olive salsa, served with our house salad (gw,gy,mi,e)
€12.50

Vegan Breakfast

Deep fried aubergine sticks, crispy tofu, vegan sausages, balsamic mushrooms, rosemary potatoes, baked beans, roast tomato and toasted sourdough (gw,so,sp)
€13

The Full Works

Fried free-range egg, Italian sausage, smoked crispy bacon, Whelan's white and black pudding, balsamic mushrooms, baked beans, rosemary potatoes and toasted sourdough (gw,gy,sp,e)
€13.50

Avocado Toast

Toasted sourdough, spicy avocado spread, poached free-range eggs, hollandaise, salsa rossa, seasonal side salad (gw,gy,e)
€12.50
Add oak smoked salmon (fi) +€4.50

Mushroom Toast

Toasted sourdough, romaine lettuce, stuffed portobello mushrooms, onion, celery, sun-dried tomato breadcrumbs, vegan cheese, rosemary aioli, side of fries (gw,gy,ce)
€13.50

BENEDICT

Florentine Benedict

Toasted tigelle muffin, spinach, poached free-range eggs, house pickled mixed peppers and tomato, watercress, hollandaise, seasonal salad (gw,mi,sp,e)
Vegan-friendly option available
€14.50

Smoked Salmon Benedict

Toasted tigelle muffin, oak smoked salmon, poached free-range eggs, house pickled mixed peppers and tomato, watercress, hollandaise, seasonal salad (gw,mi,sp,fi,e)
€17

Lennox Bray Benedict

Toasted tigelle muffin, Mortadella, Parma ham, Milano salami, poached free-range eggs, house pickled mixed peppers and tomato, watercress, hollandaise, seasonal salad (gw,mi,sp,e)
€18

SALADS

Goats Cheese Salad

Honey baked goats cheese with beetroot, candied walnuts, mixed leaves, cherry tomatoes and wild garlic pesto (gw,mi,e,nc)
€14

Buttermilk Chicken Caesar Salad

Crispy coated buttermilk chicken, romaine lettuce, smoked bacon lardons, shaved Parmesan, garlic & thyme croutons, creamy Caesar dressing (gy,gw,mi,fi,e)
€14.50

Strawberry & Pomegranate Salad

Fresh strawberries, pomegranate, ripe vine tomatoes, basil, seasonal leaves, salsa rossa, extra virgin olive oil, balsamic reduction (mi,mu,sp)
€13.50

GOURMET BURGERS

Chicken Parmigiana Burger

Brioche bun, crispy coated buttermilk chicken, romaine lettuce, herbed tomato hot sauce, home-made slaw, vintage cheddar, side of house fries, hollandaise (gw,gy,mi,mu,sp,e)
€17.50

Gourmet Beef Burger

Brioche bun, beef patty, crispy pancetta, mozzarella, fresh rocket, salted tomatoes, wild garlic pesto, side of house fries, hollandaise (gw,gy,mi,e,nc)
€18.50

SOMETHING SWEET

Smoothie Bowl

Blackberry & avocado yoghurt, hazelnut mixed granola, fresh berries, banana, sour fruits and chia seeds (mi,p,np,na,nc,nh)
€14.50

Buttermilk Pancakes

Home-made buttermilk pancakes with salted peanut brittle, peach mascarpone, banana, maple syrup (gw,mi,p,np,na,nc,nh,e)
€13.50

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DRINKS MENU

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BEERS & CIDERS

Draught	
Murphy's Irish Stout	€6.00
Heineken	€6.50
Orchard Thieves	€6.50
Birra Morretti	€6.90
Lagunitas	€7.20
Bottle	
Heineken	€6.90
Sol	€6.90
Orchard Thieves (pint)	€6.90

SOFT DRINKS

Still Water	€3.60
Sparkling Water	€3.60
Coca-Cola	€3.60
Diet Coca-Cola	€3.60
Sprite	€3.60
Fanta Orange	€3.60
Fanta Lemon	€3.60
Vit-Hit	€3.90

COCKTAILS

Aperol Spritzer

Aperol, Prosecco and a soda top with fresh orange and grapefruit
€12

Peach and Passion Punch

Peach Liqueur, Elderflower Liqueur, passion fruit puree, pineapple juice and soda
€13.50

Elderflower Spritz

Jenever Liqueur, muscovado sugar, mint leaves, elderflower cordial, lime juice and a prosecco top
€14

House Espresso Martini

Vanilla Liqueur, Kahlua, Frangelico, home-made salted caramel syrup, and fresh coffee (p,np,na,nc)
€13

Jodie's Mumbo no. 5

Mango puree, Limoncello and a Prosecco top with fresh basil
€13

Lennox Bloody Mary

Absolut Vodka, spicy house marinara sauce, rock salt, cracked black pepper, Tabasco, Worcestershire sauce
(ce,mu,sd,so,sp)
€13.50

HOT DRINKS

Iced Coffee*	€4.50
Americano	€3.60
Espresso	€3.50
Double Espresso	€3.60
Latte*	€3.80
Cappuccino*	€3.80
Macchiato*	€3.60
Flat White*	€3.60
Hot Chocolate*	€3.50
Specialty Tea	€3.50

* Contains milk (mi)
Soy, almond and oat milk available for an extra 20c

SMOOTHIES

Mixed Fruit Smoothie	€5.50
Mango Smoothie	€5.50
Red Fruits Smoothie	€5.50

JUICES

Orange Juice	€3.50
Apple Juice	€3.50
Cranberry Juice	€3.50

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