

### Fresh Juice

Orange Juice  
Apple Juice  
Carrot Juice  
Melon Juice €3.80

### Indulgence

Selection of Danish Pastries & Muffins € 2.90

Homemade Fruit Scones With Butter & Preserves € 2.50

### Speciality Coffees

Espresso €2.30  
Americano €2.30  
Latte €2.60  
Cappuccino €2.40

### Smoothies

All our smooties are made with natural yoghurt.

#### Strawberry Fields

Strawberry, Banana & orange Juice

#### Silky Fruit Fantasy

Banana, Papaya, Apple and Lime

#### Creamy Summer Soother

Apple Juice, Strawberry, Raspberry, Blackberry, Blueberry, Blackcurrant & Banana

#### luxury Tropical Smootie

Orange Juice, Passion Fruit, pineapple, Mango, Kiwi, Papaya & melon

#### Create Your Own Smootie

Choose 2 of your favourite fruits your favourite juice & add our natural yoghurt

€4.95

### Juices

#### Sunset Bay

Fresh Apple Juice, Carrot, Ginger & Melon

#### Natural High

Fresh Orange Juice, Strawberry & Banana

€3.80

### Sandwiches

#### Roast Beef

Prime Roast Beef with Ballymaloe Country Relish, Tomato & Lettuce on Malted Grain Bread

#### Chicken Salad

Slices of Chicken Breast with Tomato, Cucumber, Iceberg Lettuce & Mayonnaise on Wholegrain Brown Bread

#### Tuna & Sweetcorn

A Classic Mix of Tuna, Sweetcorn & Lettuce on White Bread

#### Italian Style Salad

A Mixed Salad of Cucumber, Lettuce & Tomato Slices with Green Pesto Mayonnaise on Wholegrain Brown Bread

€3.75

Served From 11.30 am- 7.30 pm

Juice  
at the Bay