

ELLA HOUSE

39-43 MERRION SQUARE EAST

EATHOS: BREAKFAST - GRAB & GO

Fruit Pots (GF) with seasonal berries and mixed fruit

€6.80

Granola Pot 1(GF oats),7, 8

€6.80

Made with Greek yogurt topped with our homemade granola and choice of the following:

- **Blueberries & toasted coconut**
- **Strawberry & banana**
- **Berry Compote & Goji Berries**

Overnight Oats 6, 8 (Almond)

€6.80

Made with GF oats soaked overnight with almond milk, topped with honey seed crunch and choice of the following:

- **Banana Curd & cacao nibs**
- **Mango Curd & toasted coconut**
- **Berry Compote & pistachio**

Matcha Chia pudding – made with chia seeds soaked overnight in coconut milk (Minimum order of 10)

€7.20

- **Mango Curd & toasted coconut**
- **Blueberries & toasted coconut**
- **Strawberry & kiwi**

Pastries from Firehouse bakery (Pain au choc / Cinnamon swirl / Croissant / Pain Au raisin / Pecan Danish / Vanilla Custard Danish / Vanilla Cruffin /

€4.50

Chocolate & Hazelnut Cruffin)

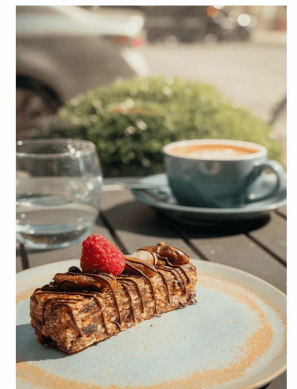
Paleo Muffin, made with almond flour, Banana, Honey & Blueberry 3, 8 (Almond)

€5.40

Acai smoothie bowl Nut cluster, banana, peanut butter, kiwi, toasted coconut 5,8 (pistachio, pecan, almond)

Small: €9.60

Large: €15.60



ALLERGENS

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

ELLA HOUSE

39-43 MERRION SQUARE EAST

LUNCH

EATHOS

Protein €9.80 per portion

Salad €7.20 per portion

Served in platter boxes which are ready to serve and garnished for presentation

Proteins

Turkey kofta, smoked tomato chutney **3, 10, 12 (GF)**

Turmeric and ginger charred chicken, lemon, saffron & honey **(GF)**

Miso salmon, ginger, soy, sesame, ginger, mirin **4, 6, 11, 12 (GF)**

Black bean falafel, classic hummus, zaatar **11, 12 (GF)**

Salads

Tomato and basil slaw, lemon, garlic, parsley, capers, Dijonaise **3, 10, 12 (GF)**

Peanut and gochujang red cabbage slaw, peanuts, fermented Korean chilli, ginger, lemon and lime juice **5, 12 (GF)**

Maple and fennel seed roast sweet potato, pecan, cumin, citrus and coriander **7,8,12 (GF)**

Herb marinated butter beans, green lentils, kalamata olives, grilled artichokes, honey and lemon dressing **12 (GF)**

Tender stem broccoli, caramelized red onion, ginger, mustard seed, jalapeno **10, 12 (GF)**

Spiced cauliflower, chickpea, tikka couscous, sultanas, paprika, cumin and coriander **1(wheat), 10, 12**

Zesty orzo, charred leeks, pink onions, basil, parsley, red chili flakes, dried cranberry **1(wheat), 12**

Smashed cucumber, carrot, sesame seed, rice wine vinegar, soy, chili, ginger **6, 11, 12, (GF)**



ALLERGENS

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

ELLA HOUSE

39-43 MERRION SQUARE EAST

EATHOS: LUNCH - GRAB & GO

SANDWICHES - made on buttermilk bread €10.75

gluten free and vegan bread available upon request

Pulled ham *smoked tomato relish, emmental cheese, rocket* **1(wheat), 7, 12**

Grilled chicken *tarragon & lemon aioli, pickled onions, baby spinach* **1(wheat), 3, 10**

Pulled beef *emmental, crispy onions and Giardinera* **1(wheat), 7, 12**

Vegetarian *falafel, hummus, blistered tomatoes, spinach* **1(wheat), 11, 12**

Add on for sandwiches: soup / chowder €3.10 / €5.50

Soup, served with sourdough €10.20

Chowder with Guinness bread **1(wheat), 2, 4, 7, 9, 14** €13.80



ALLERGENS

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

ELLA HOUSE

39-43 MERRION SQUARE EAST

EATHOS: PATISSERIE

Raspberry and coconut s'more <i>1(wheat), 3, 6, 7</i>	€4.75
Peanut butter brownie <i>1(wheat), 3, 5, 6, 7</i>	€5.40
Blondie with blueberry & hazelnut, with white chocolate ganache <i>1(wheat), 3, 6, 7, 8 (hazelnut)</i>	€5.40
Carrot & walnut cake with cream cheese frosting <i>1(wheat), 3, 7, 8</i>	€5.40
Espresso & date cake, with chocolate & coffee ganache <i>1(wheat), 3, 6, 7</i>	€5.70
Milk Chocolate Wagon wheel, with shortbread, marshmallow and passion fruit & lime jam in the centre <i>1, 3, 6, 7</i>	€5.10
Cranberry and pistachio oat tray bake with toasted sunflower & pumpkin seeds <i>3, 7, 8 (pistachio, walnuts)</i>	€5.10
Bakewell with blackcurrant <i>3, 7, 8(almond)</i>	€4.50
Orange Polenta cake <i>3, 7, 8(almond)</i>	€5.40
Vegan chocolate & tahini brownie with sea salt <i>6, 8(almond), 11</i>	€5.40
Vegan oat & date bar, topped with toasted sunflower & pumpkin seeds <i>5, 6, 8(almond, pistachio)</i>	€5.70
Paleo Muffin, made with almond flour, blueberries, banana & toasted coconut <i>3, 8 (almonds)</i>	€5.40



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

ALLERGENS

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

ELLA HOUSE

39-43 MERRION SQUARE EAST

EATHOS: MINI CAKES

Mini Pastries, 1(wheat), 3, 7 (3 pieces per person - Cinamon Swirl, Vanilla Custard, Pain au choc, Raisin Swirl) €3.20

Mini Scones 1(wheat), 3, 7 €2.40

The below items have a minimum order quantity of 2:

Brownies bites 1(wheat), 3, 5, 6, 7 €3.00

Blondie bites 1(wheat), 3, 6, 7, 8 (hazelnut) €3.00

Mini Pistachio tray bake 3, 7, 8 (pistachio, walnuts) €3.00

Vegan oat & Date bites 5, 6, 8(almond, pistachio) €3.00



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

ALLERGENS

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