

2018

## The Fumbally Menu 2018

Fumbally Restaurant

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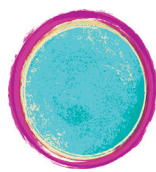
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# THE FUMBALLY

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)

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**EVERYTHING FREE GRANOLA 7.50** *(SERVED UNTIL 12)*  
our own house made granola and coconut yoghurt with fresh fruit, mint and cinnamon *(d.f./g.f./refined sugar free)*

**TOAST 3**  
Le Levain sourdough toast served with butter, homemade jam and nut butter. Gluten free bread available (+50c)

**AVOCADO 7**  
Avocado on Le Levain sourdough w/ pickled red cabbage, toasted seeds & popped amaranth.

**FUMBALLY EGGS 7**  
Lightly scrambled with olive oil, Gubbeen cheese and garlic with fresh tomatoes and basil on toasted Tartine multigrain organic sourdough

### THINGS YOU CAN ADD

Gubbeen hot smoked ham	2	Avocado	2
Lacto fermented hot sauce	50c	Eggs	2
Pickled Red Cabbage	1.50	Nut Butter	1.50

## LUNCH (SERVED 12 - 4PM)

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### REGULARS

**FALAFEL**  
*Wrap 6.50 Plate 9*  
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 seasonal fruit compote.

**SALAD PLATE 10**  
Our three daily salads served with hummus and a slice of sourdough

**AVOCADO 10.50**  
Avocado on Le Levain sourdough w/ pickled red cabbage, toasted seeds & popped amaranth with our daily salads.

### SPECIALS

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

### SOUP 6

**MEAT SANDWICH 7**

**VEG SANDWICH 6.50**

**MEAT / FISH SPECIAL 12**

**VEGETARIAN / VEGAN SPECIAL 12**

**SMALL PLATES 3 - 6**  
(see small plates board behind the till)

### SIDES & FERMENTS

Cup of Soup	3	Hummus & Falafel Balls	4.50	Pickled Red Cabbage	3.50
Side Salad	4.50	Falafel balls only	2	Kimchi	3.50

*\*Please ask at the till for all of our allergen information and let us know about your allergies.*



## DRINKS MADE IN HOUSE

### FRESH JUICE

- Smoothie 4
- Straight up Orange Juice 3.50

### FERMENTED

*We ferment all our own drinks using healthy, probiotic scobys and mother cultures followed by a natural carbonation process.*

- Lemon, Turmeric & Ginger fizz 3.50
- Kombucha 3.50
- Seasonal Kefir 3.50
- Shot of probiotic fermented cabbage + ginger juice 1

## WINES

*Our wines are focused on minimal intervention wine-makers and vineyards who adhere to organic or biodynamic principles.*

### WHITE WINE

- [ glass of house white 6.50 ]
- Domaine de Menard, 'cuvée Marine', France 25
- Menade, Verdejo, Spain 32
- M Runkel, Grauerburgunder (Pinot Gris), Germany 34

### RED WINE

- [ glass of house red 6.50 ]
- Nobus 'Chaval', Bobal, Spain 25
- Fuentenarro, Tinta Fina, Ribero del Duero 30
- Mas Lau 'Cuvee L', Carignan, France 32
- Antonio Camillo 'Principo', Ciliegliolo, Italy 35

## COFFEE & TEA

### COFFEE

House Roaster - 3fe (Dublin)  
Guest Roaster - The Coffee Collective (Copenhagen)  
We use mainly single origins but also dabble with a blend from time to time

- |             |                       |
|-------------|-----------------------|
| Black 2.90  | guest coffee +50c     |
| White 3.20  | sunflower Milk +40c   |
| Filter 3.50 | decaf +40c            |
| Set 4       | reusable t/a cup -20c |

### TEAS

Irish Breakfast, Earl Grey, Jasmine Green, Camomile, Rooibos & Peppermint

- Mug 2 / Pot 3

### OTHER HOT DRINKS

- Chai latte 3.50
  - Hot Chocolate 3.50
- Made with our own chai spice blend

## BEERS & CIDERS

### LOCAL IRISH CRAFT

### BEER

- Whiplash 330ml Body Riddle IPA 5.50
- Arcadia 330ml Wicklow Wolf (g.f) 4.50
- Wicklow Wolf 500ml IPA 6.50
- Dot Brew 500ml Rye Ale 6.50

### CIDER

- The Cider Mill Windvane 500ml 6.50
- Cockagee Irish Keeved Cider 750ml 13

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## SATURDAY

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### FUMBALLY EGGS 7

Lightly scrambled with olive oil, Gubbeen cheese and garlic with fresh tomato and basil on toasted Tartine multigrain organic sourdough

### GREEN EGGS & HAM 10.50

A Fumbally take on a Dr. Seuss classic – lightly scrambled fumbally eggs and avocado on Tartine multigrain organic sourdough served with fresh tomato and basil topped with Gubbeen chorizo.

### AVOCADO

Breakfast 7 / Lunch 10.50

Avocado on Le levain sourdough toast w/ pickled red cabbage, toasted seeds & popped amaranth

### EVERYTHING FREE GRANOLA 7.50

Our own gluten free, refined sugar free granola served with live cultured coconut yoghurt (dairy free) and fresh fruit

### TUSCAN BEANS 9.50

Cannellini and borlotti beans in a caramelised garlic, tomato and basil sauce on Le Levain sourdough with herb-y fumbally ricotta and a fried egg

### FALAFEL

Wrap 6.50 / Plate 9.00

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

### PULLED PORCHETTA 6.50

Le Levain ciabatta with overnight braised garlic and fennel pork, caper mayo and seasonal fruit compote

### SATURDAY SALAD 10

McNally's N. Dublin organic leaves with grilled courgette, citrus dressing, Elmhurst pickled gooseberries, toasted hazelnuts and shaved Cais na Tire cheese

### HOUSE SPECIAL 12

an eggs based dish that changes every week.  
see the board for a full description

## SIDES & FERMENTS

## THINGS TO ADD

Hummus & falafel balls 4.50

Pickled Red Cabbage 3.50

Gubbeen hot smoked ham 2

Lacto fermented hot sauce 50c

Falafel balls only 2

Kimchi 3.50

Avocado 2

Pickled Red Cabbage 1.50

Side Salad 4.50

Eggs 2

Fumbally Nut Butter 1.50

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