

coffee menu

	<i>Grande</i>	<i>Tall</i>		<i>Grande</i>	<i>Tall</i>
cappuccino.....	3.00	2.75	tea.....	1.75	1.65
latte.....	3.00	2.75	speciality tea.....	2.10	1.90
mocha.....	3.25	3.00	hot chocolate.....	3.25	3.00
caramel macchiato..	3.25	3.00	milk.....	1.60	1.30
espresso.....	2.40	2.20	still water.....	1.65	
americano.....	2.70	2.40	sparkling water.....	1.75	

pastries

muffins / danish / croissants	1.95
jumbo muffins.....	2.50
scone with butter.....	2.00
scone with butter and jam.....	2.50

smoothies

Breakfast in a glass..... 3.95	The O.C. 3.95
Banana, strawberries, honey and muesli	Orange and cranberries
Strawberry blonde..... 3.95	Banana split..... 3.95
Strawberries and banana	Banana and orange
PEARfection..... 3.95	Blue velvet..... 3.95
Apple and pear	Blueberries, strawberries and banana
Vanilla sky..... 3.95	Bionic..... 3.95
Apple, melon, banana and vanilla	Apple, grape, milled flax seed and spirulina
Apple crumble..... 3.95	
Apple, banana and raspberry	

JUICES

solo's.....	3.50
fruice juice.....	2.50

SOFT DRINKS

bottles.....	1.95
lucozade / powerade.....	1.95

salads

tuna & wholegrain mustard seed salad.....	5.50
sweet thai chilli chicken & mixed salad.....	5.50
feta cheese & black olives with mixed garden salad.....	5.50
chicken pesto & mixed garden salad.....	5.50
creole cajun chicken with mixed garden salad.....	5.50

POOLBEG ST.

6 Poolbeg St, Dublin 2
Tel: 01 616 9625 fax: 01 616 9626
Mon-fri: 7.30am - 3.30pm

GEORGES ST.

30 George's Arcade, George's St, Dublin 2
Tel: 01 671 5225 fax: 01 671 5225
Mon-fri: 8.30am - 5.30pm / sat: 9am - 6pm

NASSAU STREET

Nassau Street, Dublin 2
Tel: 01 633 4175 fax: 01 633 4175
Mon-fri: 7.30am - 7pm / sat: 9.30am - 6pm

LIFFEY VALLEY SC

Liffey Valley Shopping Centre Food Court
Tel: 01 623 9067 fax: 01 623 9067
Mon-tues: 9am - 7pm
Wed-fri: 9am - 9pm
Sat-sun: 9am - 7pm

ILAC CENTRE

Unit 70, Ilac Centre, Dublin 1
Tel: 01 804 4318 fax: 01 804 4318
Mon-wed: 7.30am - 6.30pm
Thur: 7.30am - 8pm / fri: 7.30am - 6.30pm
Sat: 8.30am - 6.30pm / sun: 11am - 6pm

KILLARNEY

Unit 2, Scotts Street, Killarney, Co. Kerry
Tel: 064 39293 fax: 064 39293
Mon-thurs: 8am - 6pm / fri-sun: 8am - 8pm

LETTERKENNY

22 Main Street, Letterkenny, Co. Donegal
Tel: 074 912 6777 fax: 074 912 6777
Mon-sat: 8.30am - 5.30pm / sun: 10am - 4pm

DUNGARVAN

Unit 31 High Street, Dungarvan, Co. Waterford
Tel: 058 22995 fax: 058 22995
Mon-fri: 8.30am - 6pm
Sat: 9.30am - 6pm / sun: 12.30pm - 6pm

GOREY

Unit 15 Gorey SC, Gorey, Co. Wexford
Tel: 053 948 1063 fax: 053 948 1063
Mon-wed: 9am - 6pm / thurs-fri: 9am - 8pm
Sat: 9am - 6pm / sun: 10am - 6pm

DROGHEDA

Unit 1, The Laurence Town Centre, Drogheda
Tel: 041 983 7631 fax: 041 983 7631
Mon-wed: 9am - 6pm / thurs-fri: 9am - 9pm
Sat: 9am - 6pm / sun: 12pm - 6pm

FOYLESIDE

Unit 5, The Food Court, Foyleside SC
Derry BT48 6XY tel / fax: 028 713 69846
Mon-tues: 9am - 6pm / wed-fri: 9am - 9pm
Sat: 9am - 6pm / sun: 1pm - 6pm

MULLINGAR

29 Pierce Street, Mullingar, Westmeath
Tel: 044 938 5278 fax: 044 938 5279
Mon-sat: 9am - 6pm

CLARION QUAY

Unit 5A, Clarion Quay, IFSC, Dublin 6
Tel: 01 649 0886 fax: 01 649 0886
Mon-sat: 7.30am - 4pm

TERENURE

95 Tenerure Road East, Tenerure, Dublin 6
Tel: 01 406 7757 fax: 01 406 7757
Mon-fri: 7.30am - 4.30pm / sat: 10am - 4pm

QUAY SIDE SLIGO

Unit 7, Level 4, Quayside SC, Co. Sligo
Tel: 071 915 3389 fax: 071 915 3389
Mon-sat: 9am - 6pm / sun: 12pm - 6pm

OMNI PARK SC

Unit 12, Omni Park SC, Santry
Tel: 01 842 0191 fax: 01 842 0191
Mon-tues: 8.30am - 6pm
Wed-fri: 8.30am - 9pm
Sat: 8.30am - 6pm / sun: 12pm - 6pm

LIFFEY STREET

18 Lower Liffey Street, Dublin 1
Tel: 01 874 8287 fax: 01 874 8357
Mon-wed: 8am - 6pm
Thur: 8am - 8pm / fri: 8am - 6pm
Sat: 9.30am - 6pm / sun: 10.30am - 6pm

MIDLETON

98 Main Street, Co. Cork
Tel: 021 463 7971 fax: 021 463 7971
Mon-sat: 8.30am - 6pm / sun 12pm - 6pm

BALBRIGGAN

13A Drogheda Street, Co. Dublin
Tel: 01 690 4960 fax: 01 690 4960
Mon-sat: 9am - 5.30pm / sun: 11am - 6.00pm

DUNDALK

Unit 4, The Marshes SC, Dundalk, Co. Louth
Tel: 042 932 8006 fax: 042 932 8006
Mon - wed 9.30am - 7pm / thurs - fri 9.30am - 9pm
Sat - 9.30am - 7pm / sun - 12pm to 6pm

EDENDERRY

Unit 9 Downshire SC, Edenderry, Co. Offaly
Tel: 046 977 3766 fax: 046 977 3767
Mon-wed: 9am - 6pm / thur-fri: 9am - 9pm
Sat: 10am - 6pm / sun: 12pm - 5pm

MAHON POINT SC

Unit F3, Food Court, Mahon Point SC, Cork
Tel: 021 435 9066 fax: 021 435 9066
Mon-wed: 9.30am - 7pm / thurs-fri: 9.30am - 9pm
Sat: 9.30am - 7.30pm / sun: 11am - 7.30pm

COOK STREET CORK

38 Cook Street, Cork
Tel: 021 427 4743 fax: 021 427 4746
Mon-wed & sat : 8.30am - 6pm
Thu: 8.30am - 7pm / Fri: 8.30am - 8pm

Prices & products subject to change
All prices are in euro.

THE bagel BAR



OUR BAGELS ARE:

- 100% cholesterol free
- 99% fat free (most flavours)
- 100% preservative free
- 100% G.M.O. (genetically modified) free
- 100% suitable for vegetarians
- No added fats or chemicals

telephone | fax
before 11am for lunch-time pickup

email: info@thebagelbars.com www.thebagelbars.com



bagels - wraps - panini - subs - sandwiches € 5.50



our flavours ...

plain, poppy seed, everything, onion, sesame seed, cinnamon & raisin, sundried tomato, spinach, multi-seed, cheese & jalapeno.

bagel platters...

With 24 hours notice we can provide you with the perfect platter for your office needs. We offer a selection of our delicious bagels, wraps, sandwiches, sub rolls.

A choice of Six, Nine or Twelve person platters are available.

triple decker - € 6.95

single bagel to go - € 1.25

bagel multi pack (5 pack) - € 5.50

soup - € 3.75

toasted bagel

with butter € 2.00 peanut butter / nutella / jam € 2.50
chive / cream cheese € 2.95



The breakfast

bacon, egg, sausage, tomato relish, plain bagel



The triple cheese

egg, crispy bacon, cheddar, gouda, mozzarella, ketchup, multi-seed bagel



The italian job

pesto chicken, mozzarella, red onion, garlic mayo, sundried tomato bagel



The manhattan

bacon, guacamole, cheddar, chive cream cheese, spinach bagel



The specialist

bacon, gouda, lettuce, red onion, specialist sauce, cheese & jalapeno bagel



The chicken ceasar

chicken, peppers, gem lettuce, ceasar mayo, plain bagel



The cajun

cajun chicken, jalapenos, red onion, cheddar, onion bagel



The ploughmans

ham, turkey, gouda pickle, tomato, onion, lettuce, poppy seed bagel



The sub roll

choose any bagel filling



The wrap

choose any bagel filling



The beef philly

roast beef, melted cheddar, onions, mild american mustard, plain bagel



The chicken philly

chicken, melted cheddar, onions, dill pickle, mild mustard, sesame seed bagel



The bangkok

sweet thai chilli chicken, red onion, mixed peppers, everything bagel



The maui

tuna, wholegrain mustard, cheddar, red onion, mayo, onion bagel



The panini

choose any bagel filling



The sandwich

choose any bagel filling



The veggie

feta cheese, peppers, lettuce, tomato, cucumber, red onion, vinaigrette, sundried tomato bagel



The west coast

smoked salmon, cream cheese, red onion, tomato, poppy seed bagel



The mexicana

taco chicken, tomato, lettuce, mayo, jalapenos, cheese & jalapeno bagel



The classic club

chicken, bacon, tomato, chive cream cheese, red onion, lettuce, mayo, sesame seed bagel