



Soups

served with our delicious rustic bread*

Soup of the day	5,50
Seafood Chowder (f) (m)	8,20
Large Seafood Chowder(f) (m)	13,90

Sides

Portion of bread (g)	2,20
Small green salad (v)	3,00
Foam's side salad (v) (e) (n)	3,90
Bowl of olives (v)	3,80

Foam's Salad: salad leaves, cherry tomatoes, black olives, chickpeas, coleslaw(e) & couscous(n)

Our Classics with Foam's Salad(n) (e)

Spanish Tortilla (v) (e)	9,90
Spanish Tortilla with chorizo(e)	10,50
Smoked Salmon Sandwich * 10,50 with 3 cheese cream & capers (f) (m) (g)	

Foam's B.L.T. * (g) (e)	9,90
Chicken Italiana * 10,90 with mozzarella & fresh pesto(n) (m) (g)	
Chicken-Bacon Caesar Salad*(f)(g)	11,60

Omelettes (e) with bread (g)* or Foam's Salad(n) (e)

The Andy Warhol (m) chorizo, emmental & pear	9,90
The Pine Forest (v) (n) (m) feta, spinach & pine nuts	9,90
The Black & Blue(m) black pudding & blue cheese	9,90
The Eiffel Tower (v) (n) (m) brie, baked apples & walnuts	9,90

The Dubliner (m) bacon, mushrooms & cheese	9,90
Three in the Sea (f) (m) smoked salmon & 3 cheese cream	9,90
Goats & Roses (v) (n) (m) goat cheese & pesto rosso	9,90
The Rustic (m) serrano ham, emmental & tomatoes	9,90

3 Cheese Cream: a smooth cream made with goat's, cashel blue, soft cheese & chives

Salads

Roasted Vegetables (v) aubergine, courgette and vegetables in season	12,20
Goat Cheese (v) (m) cucumber & beetroot relish and berry coulis	12,50
Feta (v) (n) (m) green beans, pine nuts, walnuts and yogurt dressing	12,50

Smoked Salmon (f) asparagus, red onion, chives and yogurt dressing	13,20
Prawns (f) avocado & mango and lime dressing	14,40
Niçoise (f) (e) tuna steak, green beans, egg, capers and red onion	14,90

All salads served on a bed of baby leaves, cherry tomatoes, black olives and pulses

* Allergy Alert: Please note that our bread contains walnuts or might have come in contact with nuts

(v) Suitable for vegetarians (n)nuts (f)fish (m)milk (e)egg

Please ask your Waiter/Waitress if you require a gluten free meal

Please allow some extra time for food during busy periods

Foam Bistro supports local business' & suppliers'

all prices are in euro - follow us on www.foamcafe.ie & facebook



Coffees

Espresso	2
Cappuccino	2,5
Latte	3
Americano	3
Large Cappuccino	3,5
Mocha	3,5
Chai Latte	3,5
Hot Chocolate	3,5
With Soya Milk	+0,3

Mineral Water

Still/ Sparkling	2,2
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Breakfast Tea

Fizzy	2,5
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Coke
Diet Coke
San Pellegrino Lemon
San Pellegrino Orange

Chilled Teas

Green Tea & Honey	3,5
Green Tea & Pomegranate	
White Tea & Blueberry	

House Wine

Glass / Bottle	5,5 / 20
Please ask for our weekly red/white	

Bottled Beer

5

Organic Teas

Chai	3
Green	
Assam	
Earl Grey	
Dandelion	
Wild Fennel	
Chamomile	
Raspberry Leaf	
Peppermint	
Lemon & Ginger	
Orange & Coconut	
White tea & Vanilla	
White tea & Raspberry	

Glass of Milk

2

French Lemonade

4

Pink
Lemon
Orangeade

Squeezed Juices

3,5

Fresh Orange, Carrot, Pear, Apple, Ginger or any combination
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Sweet Bite

Muffin	2,5
Scone	3
Cake	4,5
Cake (½ portion)	3,3

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Dinner Menu

Soups

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Soup of the day	5,50
Seafood Chowder <i>(f) (m)</i>	8,20
Large Seafood Chowder <i>(f) (m)</i>	13,90

Starters

Bruschetta * <i>(v)</i> <i>garlic, fresh tomato & basil</i>	6,00
Spanish Tortilla Tapa <i>(v) (e)</i> <i>with tomato relish</i>	6,00
Crostini ai Serrano Ham * <i>(m)</i> <i>mozzarella di bufala, fresh tomato & red onion</i>	6,50
Crostini ai CbC * <i>(m)</i> <i>chicken, bacon & emmental</i>	6,50
Goat Cheese & Fig Filo <i>(v) (m)</i> <i>in filo pastry</i>	6,90
Rolled Smoked Salmon <i>(f) (m)</i> <i>with 3 cream cheese</i>	6,90

Sides

Portion of bread * <i>(g)</i>	2,20
Small green salad <i>(v)</i>	3,00
Foam's side salad <i>(v) (g)</i>	3,90
Bowl of olives	3,80
Cheese Board * <i>(n) (m)</i>	12,50

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(v) Suitable for vegetarians *(n)* nuts *(f)* fish *(m)* milk *(e)* egg

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Pizzas

with a tomato sauce and mozzarella base

Margherita (v) (m)	11,50
<i>mozzarella di bufala, oregano & fresh tomatoes</i>	
Primavera (v) (m)	12,30
<i>grilled seasonal & vegetables</i>	
The Parisian (v) (m)	12,50
<i>blue cheese, sweet onions & mushrooms</i>	
Pollo al Pesto (m)	12,80
<i>chicken, pesto & fresh tomatoes</i>	
BBQ Duo (m)	12,80
<i>chicken, bacon & sweet or spicy chili sauce</i>	
Quattro Formaggi (v) (m)	13,10
<i>blue cheese, emmental, red cheddar & mozzarella</i>	
The Supreme (m)	13,70
<i>serrano ham, chorizo & salami</i>	
Foam (m)	13,90
<i>bacon, goat cheese & Canadian maple syrup</i>	

Salads

served on a bed of baby leaves, cherry tomatoes, black olives and pulses

Roasted Vegetables (v)	12,20
<i>aubergine, courgette and vegetables in season</i>	
Goat Cheese (v) (m)	12,50
<i>cucumber & beetroot relish and berry coulis</i>	
Feta (v) (m) (n)	12,50
<i>green beans, pine nuts, walnuts and yogurt dressing</i>	
Smoked Salmon (f) (m)	13,20
<i>asparagus, red onion, chives and yogurt dressing</i>	
Prawns (f)	14,40
<i>avocado & mango and lime dressing</i>	
Niçoise (f) (e)	14,90
<i>tuna steak, green beans, egg, capers and red onion</i>	

Pastas

Fusilli con Feta Cheese & Black Olives (v) (m)	12,80
<i>with cherry tomatoes in a pesto sauce</i>	
Fusilli ai Broccoli & Roasted Pine nuts (v) (n) (m)	12,80
<i>with a garlic olive oil, parmesan & chili sauce</i>	
Penne ai Funghi (v) (add chicken / bacon +1,90) (m)	12,80
<i>with a white wine & creamy blue cheese sauce</i>	
Tagliatelle al Smoked Salmon & Chives (f) (m)	14,90
<i>with a creamy lime sauce</i>	
Tagliatelle con Gamberi & Spinach (f) (m)	14,90
<i>with a creamy garlic, chili & tomato sauce</i>	
Fusilli Children's Pasta (v) (m)	7,50
<i>with a sweet tomato sauce</i>	

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