

itsa...

"The biggest must has to be a visit to itsa bagel - one of the tastiest eateries in town"
Irish Tatler



itsa... take away
PHONE IN YOUR ORDER!

Give us a call & we'll have your lunch ready for you to collect.
Call 01 8044555

"Scoot across the renovated Ha'penny bridge to sample itsa bagel's wares" The New York Times

OPENING HOURS: MONDAY TUESDAY WEDNESDAY : : THURSDAY : : FRIDAY : : SATURDAY : : SUNDAY : :



LOW FAT



LOW GI



FLOURLESS



DAIRY FREE



VEGETARIAN



VEGAN

THE CLASSICS THE HOT TIE SHEALTHY VEGGIE



THE CLASSICS

THE CLUB

Everything bagel with home-cooked chicken breast, streaky bacon, Wicklow brie, lettuce, tomato, mayo, red onion relish & butter

€6.40

THE CAESAR

Plain bagel with home-cooked chicken breast, caesar dressing, Parmesan, cos lettuce & butter

€5.75

BAGEL OF THE MONTH

NORWEGIAN

€5.85

Whole wheat bagel, Irish smoked salmon, cream cheese, pickled cucumber, honey dijon and lettuce

THE PLOUGHMAN

Wholewheat bagel with roast ham, farmhouse cheddar, cucumber pickle, mayo, tomato relish, lettuce & butter

€5.75

THE BROOKLYN

Poppy bagel with roast turkey, streaky bacon, crushed avocado, tomato, lettuce, mayo & butter

€6.40

THE MOUNTAINEER

Sesame seed bagel with roast ham, roast turkey, Swiss cheese, lettuce, tomato, mayo, honey dijon & butter

€6.25

HEALTHY & VEGGIE

GOURMET VEGGIE

Poppy seed bagel with goats cheese, hummus, black olive tapenade, roasted red peppers, red onion relish & butter

€5.60



KIND VEGGIE

Wholewheat bagel with hummus, crushed avocado, roasted red peppers, sliced red onion, lettuce, tomato & vinaigrette

€5.50



THE BLT

Plain bagel with streaky bacon, lettuce, tomato, mayo & butter

€5.75

THE CALIFORNIAN

Onion bagel with streaky bacon, crushed avocado, mozzarella, lettuce, fresh basil mayo & butter

€6.25

THE MAGNUM G.I.

Wholewheat bagel with home roast turkey, crushed avocado, roasted red peppers, sliced red onion, lettuce, tomato & vinaigrette

€5.75



THE HOLY COW

Poppy seed bagel with slow roast Irish beef, caramelised onions, lettuce, tomato, cocktail sauce & butter

€5.95

SALADS

THE KIND VEGGIE

€5.80

Hummus, crushed avocado, roasted red peppers, sliced red onion, lettuce, tomato & vinaigrette



THE CAESAR

€6.20

Home-cooked chicken breast, caesar dressing, Parmesan, cos lettuce



THE GOURMET VEGGIE

€6.00

Goats cheese, hummus, black olive tapenade, roasted red peppers, red onion relish, lettuce



All our beef is of Irish origin

itsa... , Arnotts, Abbey street entrance, Dublin 1. Phone- 01 8044555, Website- www.itsa.ie



OPENING HOURS: MONDAY TUESDAY WEDNESDAY : : THURSDAY : : FRIDAY : : SATURDAY : : SUNDAY : :

LOW FAT LOW GI FLOURLESS DAIRY FREE VEGETARIAN VEGAN

SOUPS made daily by our chefs in itsaHQ

CHUNKY VEGETABLE & LENTIL SOUP

€4.50

GOURMET SOUP OF THE DAY

€4.50

add a warm/toasted bagel €0.50

KEEP IT SIMPLE

Toasted or heated bagel

with butter	€1.80
with butter & jam	€2.20
with peanut butter	€2.40
with peanut butter & jam	€2.70
with honey	€2.20
with cream cheese	€2.70
with cream cheese & sausages	€3.60
with cream cheese & bacon	€3.95
with cream cheese & tomato	€2.80
with cream cheese & salad	€3.00

ITSA... SMOOTHIES

Our smoothies and lemonade are made fresh daily by our chefs in our local kitchen

ITSA... LEMONADE €3.50

FRUIT OF THE FOREST €3.95

SWEET TREATS & SNACKS

Chocolate chip cookie	€2.80
Farmhouse cookie	€2.80
Rich chocolate brownie	€3.60
Carrot cake	€3.95
Flourless raspberry bakewell	€3.95
Muffins	€2.95
Fresh baked scone	€2.80
Pastries	€2.80

KIDS MENU

MR. BUTTER Plain bagel with butter	€1.70
SAY CHEESE Plain bagel with cheddar, tomato & butter	€2.70
CHARLIE CHUCK Plain bagel with chicken, tomato & butter	€3.75
RASHER ROAR Plain bagel with streaky bacon, ketchup & butter	€3.50
SILLY SAUSAGE Plain bagel with sausages, ketchup & butter	€3.75
MR. HAMMY Plain bagel with ham & butter	€3.75
SNAKES & LADDERS Plain bagel with streaky bacon, sausages & butter	€3.95

We also stock a wide range of kids juices and smoothies in our retail fridge.

ITSA SWEET DEAL

Any hot beverage & toasted bagel with butter & jam or a pastry or a cookie or a muffin
€4.50

HOT DRINKS

	Small / Regular
Espresso (dbl)	€2.70
Macchiato (dbl)	€2.80
Americano	€2.70 / €2.90
White Coffee	€2.80 / €3.00
Latte	€2.90 / €3.20
Cappuccino	€2.90 / €3.20
Mochaccino	€3.00 / €3.30
Hot Chocolate	€2.85 / €3.15
Flat white	€3.00
Tea	€1.95
Herbal Tea	€2.05

Decaffeinated coffee, soya milk and coffee syrups available

All our coffee is ethically sourced & we use only the finest quality beans

itsa... promise!

We use only the finest natural ingredients sourced from the best suppliers we can find and will never compromise on quality. Our meats, soups, salads, condiments and goodies are prepared daily by our team of dedicated chefs. Please let us know if you have any food allergies or special dietary needs. For more information visit www.itsa.ie or email info@itsa.ie

ADD ANY SOUP TO YOUR SIGNATURE BAGEL OR SALAD
€3.50

about our ingredients. . .

We use Irish beef and free range eggs. All other ingredients are from Irish and EU suppliers. Our bagels are made by hand here in Ireland, by local bakery McCloskeys. They are authentic, artisan bagels that are virtually fat free and made with all natural ingredients.