RED COW INN
EST. 1690

Breakfast Menu

Available: Monday - Friday 8:00am - 11:30am

Signature

Eggs Benny €14.95
2 poached eggs, pulled ham, hollandaise sauce on English muffin
(1A, 1C, 1D, 3, 7, 10, 11, 12)

Eggs & Avocado €12.95
2 poached eggs, smashed avocado, rocket and chilli infused oil on sourdough toast
(1A, 3, 7, 11, 12)

Turkish Eggs €12.95
2 soft poached eggs, garlic and coriander yogurt, chilli butter and nut dukkah on sourdough toast
(1A, 3, 7, 8A, 8B, 8C, 8D, 10, 11, 12)

Hash Bowl €12.95
Crispy potatoes, pulled ham hock, black pudding, smothered with garlic dip, Ballymalloe relish and freshly grated parmesan, served with a choice of a fried or poached egg
(1A, 1C, 1D, 3, 7, 9, 10, 12)

Smoked Salmon & Philadelphia Cheese Bagel €15.95
Baily & Kish salmon, rocket and fresh dill
(1A, 3, 4, 7, 11, 12)



Irish Breakfast



Includes Americano or Tea

Full Breakfast €15.95
2 sausages, 2 bacon, beans, black & white pudding, hash brown, egg, mushroom, tomato and toast
(1A, 1C, 1D, 3, 7, 10, 11, 12)

Regular Breakfast €14.95
2 sausages, 2 bacon, beans, black & white pudding, egg, tomato and toast
(1A, 1C, 1D, 3, 7, 10, 11, 12)

Mini Breakfast €10.50
1 sausage, 1 fried egg, 1 bacon, beans, tomato and toast
(1A, 1C, 1D, 3, 7, 10, 11, 12)

Veggie Breakfast €12.95
Scrambled eggs, hash brown, beans, mushroom tomato and toast
(1A, 3, 7, 11)

Add avocado €2.00

Favourites

Breakfast Bap €11.95
Sausage, bacon, black & white pudding, hash brown, fried egg and brown sauce,served on a Waterford Blaa
(1A, 1C, 1D, 3, 7, 10, 11, 12)

Red Cow pancakes €12.95
Bacon and maple syrup
Fresh Berries with a choice of Nutella or Biscoff
(1A, 3, 6, 7, 8A, 8B, 8C, 8D, 12)

French Toast €12.95
Served with bacon and maple syrup
(1A, 3, 7, 12)

Overnight Oats €8.95
Greek yogurt, Chia seeds, fresh berries, honey
(1D, 7, 12)

Homemade Granola €8.95
Organic oats, nuts, seeds and dark chocolate roasted in honey & served with natural yogurt and seasonal berries
(1D, 6, 7, 8A, 8B, 8C, 8D, 12)



Beverages

Tea	€3.50	Americano	€3.50	Cappuccino	€4.00
Herbal Tea	€3.95	Latte	€4.00		
Iced Coffee	€4.25	Juices	€3.40	Splits	€3.40
		Orange / Pineapple / Cranberry			

Allergen Information: 1=Wheat containing gluten (1A=Wheat, 1B=Rye, 1C=Barley, 1D=Oats) 2=Crustaceans 3=Eggs 4=Fish 5=Peanuts 6=Soybeans 7=Milk 8=Nuts(8A=Walnuts, 8B=Almonds, 8C=Pine nuts, 8D=Pecans, 8E=Hazelnuts) 9=Celery 10=Mustard 11=Sesame seeds 12=Sulphur Dioxide & Sulphites (>10mg per Kg) 13=Lupin 14=Molluscs