

# BREAKFAST MENU



AVAILABLE: MONDAY - FRIDAY 8:00AM - 11:30AM

SIGNATURE

## EGGS BENNY

€14.95

2 poached eggs, pulled ham, hollandaise sauce on brioche toast  
(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, smothered with garlic dip, Ballymalloe relish and freshly grated parmesan  
(1a, 1c, 1d, 3, 7, 9, 10, 12)

## SMOKED SALMON & PHILADELPHIA

€15.95

## CHEESE BAGEL

Baily & Kish salmon, rocket and fresh dill  
(1a, 3, 4, 7, 11, 12)



## IRISH BREAKFAST



### 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  
(1a, 1c, 1d, 3, 7, 10, 11, 12)

## RED COW PANCAKES

€12.95

Bacon and maple syrup, Nutella and fresh berries or Biscoff  
(1a, 3, 6, 7, 8a, 8b, 8c, 8d, 12)

## FRENCH TOAST

€12.95

Served with crispy 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