## BREAKFAST, PORRIDGE, BAKERY, EGGS

## ENERGY BREAKFAST HEALTHY DAY



#### **Overnight** oats €4.25

Our oats are always organic and gluten free

#### Almond joy Oats, almond milk, chia seed, maple syrup, cocoa powder, shredded coconut roasted almonds Allergens 1a,b,c,d,6,8a,b,c,f

#### Blueberries

Compote, granola, yogurt topped with fresh blueberries Allergens 1a,b,c,d,7,8d,b,c,f

#### **Strawberries** Compote, granola, yogurt topped with fresh strawberries Allergens 1a,b,c,d,7,8a,b,c,f

#### Pumpkin

Oats, soya milk, chia seed, pumpkin, ground cinnamon, pecans roasted pumpkin seeds Allergens 1a,c,6,8e

#### **Carrot cake**

Oats, coconut milk, chia seed, honey, cinnamon, grated carrot, shredded coconut, chopped pecans, raisins *Allergens 1c,6,8e* 

#### **Banana and nut**

Oats, almond milk, chia seed, squashed banana, cinnamon, nutmeg, walnuts Allergens 1c,6,8a,b,c

#### **Peanut butter and jelly**

Oats, almond milk, chia seed, maple syrup, vanilla, peanut butter, strawberry jam, chopped peanuts Allergens 1c,5,6,8a,12

#### Protein

Peanut butter, hazelnuts, almonds, bee pollen, yogurt, goji Allergens 1c,5,7,8a,b

#### Did you know? Not only are our soaked oats pots full of protein and good for you, they are nutritious and packed with fibre, protein, essential vitamins and minerals and are also low in fat. They can help keep you full until lunch.

Do you know we have alternatives to oats Buckwheat, Spelt, Quinoa and Millet

#### **Chia Seed Pineapple Pudding**

Chia seed, ground cardamom, pineapple, flaked almonds, dried cranberries Allergens 6, 8a Warm porridge pots €4.25 Our oats are always organic and gluten free

Blueberries, goji, almond milk Allergens 1c,6,8a

Stewed apple and coconut, cinnamon raisin, coconut milk Allergens 1c

Chocolate, hazelnut, oat milk Allergens 1c,8b

Raspberries, flaxseed, soya milk

Allergens 1c,6

**Traditional Irish porridge with Irish honey** *Allergens 1c,7* 







### THE BAKERY

Freshly prepared in our pastry kitchen A selection sweet breads, sweet pastries and croissants



#### Viennoiserie €2.25 All butter croissant Pain au chocolate

Pain au raisin Frosted cinnamon swirl Allergens 1a,3,5,7

#### Vegan Flap jacks €3.75

Allergens 5,6,8e

#### Vegan choice €4.00

Croissant almond creme Allergens 1a3,7,8a

Blueberry croissant

Vegan croissants Allergens 1a,5,8a,d

Hazelnut pastry Allergens 1a,5,8b

Apricot pastry Allergens 1a,5

#### Scones €3.75

A blend of fruit and plain scones served with cream and preserves.. please advise if you require all served with cream and preserve if not it will come half and half Allergens 1a,3,7

Other scone options available are:

Scones - Pecan and raspberries - Blueberries - Nutella and coconut Allergens 1a,3,5,7,8a,b,c,d,e,f





Extraordinary Eggs not just for breakfast great for mid morning and afternoon boosts. You absorb roughly half the protein from an egg if you eat it raw versus cooking it The word yolk is derived from an old English word that means yellow A hen turns her egg 50 times a day to

prevent the yolk from sticking to the shell A fresh egg will sink in a glass of water where an old egg will float A hardboiled egg will spin longer then a raw egg

Protein mid morning snack to get you through till lunch

Do you know we only use local fresh Irish eggs.

### Freshly boiled eggs "furikaki" €5.50

EGGS

Allergens 3,4,11

Harissa spiced eggs and chorizo €5.50 Allergens 3,12

#### Frittata egg and potato rounds €5.50

Allergens 3,7

#### Spinach and egg roulade €5.50

Allergens 3,7

#### Smoked salmon egg purée, soda bread €6.50 Allergens 1a,3,4,7

Quiche with smokey bacon €5.50

Allergens 1a, 3, 4, 7





# BREAKFAST





### BREAKFAST

#### Seated Irish breakfast €22.50

Gold medal winning sausage, award winning black and white Kelly's pudding, Irish portobello mushroom, grilled vine tomatoes, potato farl, crispy egg, tin of beans Allergens 1a, 3, 7, 12

Do you know you can switch out pork sausages for chicken or turkey sausage

#### The vegan breakfast €25.00

Potato and peanut butter hash brown, vegan sausage, scrambled tofu with nutritional yeast, cherry vine tomatoes, freshly prepared spiced beans, portobello mushroom Allergens 1a,5,6,12

#### Breakfast buffet €24.00

Includes orange and cranberry juice, teas and coffee, a selection of award winning hot breakfast items Sausages, black and white pudding, bacon, scrambled eggs, baked beans and mushroom, Whole fruit selection, Viennoiserie selection

Allergens 1a,d,3,7,12

#### Continental buffet €18.50

Includes chilled orange and cranberry juice, teas and coffee. A selection of Viennoiserie, butter croissant, pain au chocolate, frosted cinnamon swirl. A selection of granola pots (2 types) fresh fruit. A selection of charcuterie and cheese with freshly baked and sliced baguettes Allergens 1a,b,c,d,3,7,8a,b,c,f,9

#### Irish Breakfast / savoury bites / mid morning bites /afternoon bites

#### Suckling pig "encroute" €4.50 Allergens 1a,3,7,12

## Mini croissant with Irish mature cheddar cheese and ham €4.50

Allergens 1a, 3, 6, 7, 12

#### Bacon brioche €4.50 Allergens 1a,3,7,12

