



BREAKFAST MENU

AVAILABLE FROM 7:00 AM TO 12: PM

Fresh Fruit Salad €4.50

GF, V

Chocolate - Almond - Plain Croissant €2.75

1 (wheat, yeast), 3, 7, 8 (almonds), V

Ham & Cheese Croissant €4.95

1 (wheat, yeast), 3, 7

Homemade Freshly Baked Scone €3.50

Served with Cream and Jam 1 (wheat), 3, 7, V

Muffin €3.20 Blueberry, Sticky Toffee or Chocolate

1 (wheat), 3, 7, V

Porridge €5.00 Banana, Strawberry and Honey

Pumpkin Seed, Sunflower Seed, Cranberry and Honey 3, 7, GF, V

Breakfast Buttie €6.95

Freshly cooked Bacon or Sausage on a soft Ciabatta Roll 1 (wheat, yeast), 3, 7

Energizer Breakfast Bowl €5.50

Energy Booster Rye Flakes, Banana, Grapes, Honey, Dried Cranberries, Mixed Nuts, Seeds and Cinnamon 1 (rye), 5, 7, 8 (hazelnuts), V

Healthy Choice Barley Flakes, Strawberries, Raisins, Raspberries, Dried Goji Berries, Chia Seeds 1 (barley), 7, V

Fruity Brekkie Muesli, Banana, Strawberries, Melon, Apples, Grapes, Apricot and Orange Compote

1 (wheat),7, 8 (hazelnuts, almonds), V

Waffles €8.95

With Bacon, Maple Syrup and Egg.

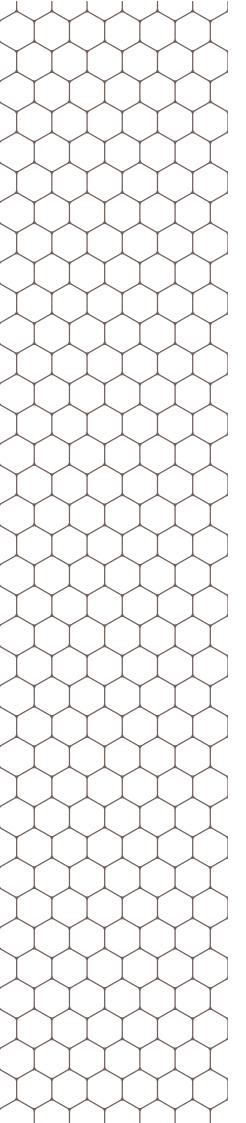
1 (wheat), 3, 7

With strawborries & Green 1 (wheat

With strawberries & Cream 1 (wheat) 3.7, GF, V

Poached Eggs on Brioche Bun €9.50

Poached Eggs and Streaky Bacon on a Brioche Bun 1 (Wheat, Yeast) , 3, 4, 7





BEVERAGES

Available from 7:00am to 3:00pm

COFFEE

Espresso	€2.70
Espresso Macchiato	€2.70
Americano	€2.70
Cappuccino	€3.30
Flat White	€3.30
Café Latte	€3.30
Chai Latte	€3.30
Caramel/Vanilla Late	€3.80
Hazelnut Latte	€3.80
Café Mocha	€3.80
Hot Chocolate	€3.80
Macchiato	€3.00

TEA

Irish Breakfast Tea	€2.50
Green Tea	€2.80
Camomile Tea	€2.80
Peppermint Tea	€2.80
Earl Grey	€2.80
Red Berry Infusion	€2.80
Pure Rooibos	€2.80
Decaffeinated Tea	€2.80
Pure White Tea	€2.80

1. Gluten 9. Celery 2. Crustaceans 10. Mustard 3. Eggs 11. Sesame Seeds 4. Fish 12. Sulphur Dioxide 5. Peanuts 13. Molluscs 6. Soybeans 14. Lupin 7. Milk GF. Gluten Free 8. Nuts V. Vegetarian

GF bread available on request.

There are nuts present in our kitchen, therefore, all dishes may contain slight traces of nuts.