



# ★ BREAKFAST MENU ★

AVAILABLE FROM 7:00 AM TO 12: PM

## 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

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|----------------|---------------------|
| 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       |

### 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

7, GF, V

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

### Energiser 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 strawberries & Cream 1 (wheat), 3, 7, V

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

GF bread available on request.

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

