



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 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
2. Crustaceans
3. Eggs
4. Fish
5. Peanuts
6. Soybeans
7. Milk
8. Nuts

9. Celery
10. Mustard
11. Sesame Seeds
12. Sulphur Dioxide
13. Molluscs
14. Lupin
- GF. Gluten Free
- V. Vegetarian

GF bread available on request.

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