

BREAKFAST MENU



OATS ½ & ½

Flahavan's Pinhead and Oatmeal Porridge mixed berry fruit compote, mixed seeds and honey

€5.20

GRANOLA GOODNESS

The Floury Apron Granola, layers of natural yogurt and mixed berry fruit compote

€5.20

EGGS

Free-Range Poached or scrambled on white or brown doorstep bread, sourdough or on homemade multi seed brown bread

€6.20

BREAKFAST BAP

2 O' Crualaoi sausages, 2 bacon, free range fried egg and homemade tomato relish on a white or brown multi-seed batch soft bap

€7.20

THE CLEAN SLATE

2 Free range poached eggs, crushed avocado and sweet potato cake

€6.20

THE "FLOURY APRON" SAUSAGE ROLL
Gubbeen Chorizo sausage roll served with mixed leaves, cucumber pickle and homemade tomato relish

€5.80

THE "BLACK PUDDING" SAUSAGE ROLL
Clonakilty Black Pudding sausage roll served with mixed leaves, cucumber pickle and homemade tomato relish

€5.80

PROTEIN BOOSTING EGG WHITE OMELETTE

Choose from the following three fillings : Spinach, Spring Onion, Tomato and Ardsallagh Goats cheese

€7.20

WHOLE EGG OMELETTE

Choose from the following three fillings : Ham, Cheese, Tomato, Onion and Spinach

€7.20

All Omelettes are served with mixed leaves and homemade cucumber pickle

BELGIAN WAFFLES

See our specials board for daily toppings

€7.20

ON THE SIDE

Smoked salmon €2.60
Grilled Bacon €2.00

Sweet potato cake €2.00
Clonakilty Black Pudding €2.00
Crushed avocado €1.00

KIDDIES:

Oats half and half Porridge €3.50
Granola Goodness €3.50
Dippy egg & white or brown toast soldiers €3.50
Belgian Waffles €4.00