



## Breakfast Menu

Oats ½&½	€5.20
Flahavan's Pinhead and Oatmeal Porridge, mixed berry fruit compote, mixed seeds and honey	
Granola Goodness	€5.20
The Floury Apron Granola, layers of natural yogurt and mixed berry fruit compote	
Eggs	€6.40
Free- Range Poached or scrambled on white or brown doorstep bread, sourdough or on homemade multi –seed brown bread	
Breakfast Bap	€7.40
2 O' Crualaoi sausages, 2 bacon, free range fried egg and homemade tomato relish on a white or brown multi-seed batch soft bap	
The Clean Slate	€6.40
2 Free range poached eggs, crushed avocado and sweet potato cake	
Sweet potato and Chorizo Hash	€7.90
with crushed avocado and topped with a fried egg. Served with white or brown doorstep bread, sourdough or homemade multi seed brown bread	
The "Floury Apron" sausage roll	€5.90
Gubbeen Chorizo sausage roll served with mixed leaves, cucumber pickle and homemade tomato relish	
The "Clonakilty Black Pudding" Sausage Roll	€5.90
Clonakilty Black Pudding sausage roll served with mixed leaves, cucumber pickle and homemade tomato relish	
Whole Egg Omelette	€7.40
Choose from the following three fillings : Ham, Cheese, Tomato, Onion and Spinach	
<i>Omelette is served with mixed leaves and cucumber pickle</i>	
Pancakes	€7.40
Choose from the following toppings: Banana and Nutella, mixed berry compote and yogurt or bacon and maple syrup	
On the side	
Sausages €2.00 Grilled Bacon €2.00, Sweet potato cake €2.00	
Clonakilty Black Pudding €2.00, Crushed avocado €1.50	
<b><u>Kiddies:</u></b>	
Oats ½ & ½ Porridge	€3.50
Granola Goodness	€3.50

Dippy egg & white or brown toast soldiers	€4.00
Pancakes	€4.00



### Lunch

Soup of the day served with homemade multi – seed brown bread	€5.90
Toasted Sandwich	€7.40
Honey Baked Ham, sliced tomato, onion and grated cheese	
The Flurry Apron Hot Sandwich	€8.00
Toasted chicken and basil pesto ciabatta	€8.00
Sliced chicken, basil and walnut pesto, buffalo mozzarella and sundried tomato on a toasted ciabatta with mixed leaves and homemade cucumber pickle	
Classic Roast Beef	€7.40
Thinly Sliced Roast beef, horseradish mayo, mixed leaves and pickled cucumber on white or brown doorstep or open homemade multi seeded brown bread	
Vegetarian Focaccia	€7.40
Homemade basil+walnut pesto, roast veg and Ardsallagh goats cheese focaccia toasted served with mixed leaves and cucumber pickle	
<i>Add cup of soup to any sandwich</i>	€1.90
<i>All sandwiches served with mixed leaves and homemade cucumber pickle</i>	
Frittata (GF)	€5.90
A crustless quiche with a variety of fillings, served with mixed leaves and homemade cucumber pickle	
The “Flurry Apron” sausage roll	€5.90
Gubbeen Chorizo sausage roll served with mixed leaves, homemade cucumber pickle and homemade tomato relish	
The “Clonakilty Black Pudding” Sausage Roll	€5.90
Clonakilty Black Pudding sausage roll served with mixed leaves, homemade cucumber pickle and homemade tomato relish	
Vegetarian Chickpea Roll	€5.90
Chickpea, sweet potato, feta and red onion wrapped in puff pastry served with mixed leaves and homemade cucumber pickle	
Salad Plate	€7.40
Choice of three salads from our daily specials	
Add Protein: Chicken or beef	€2.80

### Kids Menu:

Cup of Soup with homemade multi – seed brown bread	€3.00
Ham and Cheese Sandwich	€3.00
Chicken Salad Sandwich	€3.00