

**Breakfast Menu**

Oats ½&½ €5.40   
Flahavan’s Pinhead and Oatmeal Porridge, mixed berry fruit compote, mixed seeds and honey

Granola Goodness €5.40   
The Floury Apron Granola, layers of natural yogurt and mixed berry fruit compote

Eggs €6.60   
Free- Range Poached or scrambled on white or brown doorstep bread, sourdough or on homemade multi –seed brown bread

Breakfast Bap €7.80 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 €6.60   
2 Free range poached eggs, crushed avocado and sweet potato cake

Sweet potato and Chorizo Hash €8.00 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 €6.40 Gubbeen Chorizo sausage roll served with mixed leaves, cucumber pickle and homemade tomato relish

The “Clonakilty Black Pudding” Sausage Roll €6.40 Clonakilty Black Pudding sausage roll served with mixed leaves, cucumber pickle and homemade tomato relish

Whole Egg Omelette €7.80

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

*Omelette is served with mixed leaves and cucumber pickle*

Pancakes €7.80 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 ***Kiddies:***

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 €6.00 served with homemade multi – seed brown bread

Toasted Sandwich €7.60

Honey Baked Ham, sliced tomato, onion and grated cheese

The Floury Apron Hot Sandwich €8.40

Toasted chicken and basil pesto ciabatta €8.40

Sliced chicken, basil and walnut pesto, buffalo mozzarella and sundried tomato on a toasted ciabatta with mixed leaves and homemade cucumber pickle

Coronation Chicken €7.60

Curried chicken with mixed leaves and pickled cucumber on white or brown doorstep,

in a wrap or open on homemade multi seeded brown bread

Vegetarian Foccacia €7.60

Homemade basil+walnut pesto, roast veg and Ardsallagh goats cheese focaccia toasted served with mixed leaves and cucumber pickle

*Add cup of soup to any sandwich €2.00*

*All sandwiches served with mixed leaves and homemade cucumber pickle*

Frittata (GF) €6.40

A crustless quiche with a variety of fillings, served with mixed leaves and homemade cucumber pickle

The “Floury Apron” sausage roll €6.40

Gubbeen Chorizo sausage roll served with mixed leaves, homemade cucumber pickle and homemade tomato relish

The “Clonakilty Black Pudding” Sausage Roll €6.40 Clonakilty Black Pudding sausage roll served with mixed leaves, homemade cucumber pickle and homemade tomato relish

Vegetarian Chickpea Roll €6.40

Chickpea, sweet potato, feta and red onion wrapped in puff pastry served with mixed leaves and homemade cucumber pickle

Salad Plate €7.60 Choice of three salads from our daily specials Add Protein: Chicken or Ham €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



**Drinks and Sweet Treats**

Tea for One €2.50

Tea for Two €4.00

Herbal Tea (Java Republic) €2.90

Americano €2.80

Latte €3.20

Cappucino €3.20

Flat White €3.00

Single Espresso €2.40

Double Espresso €2.80

Mocha €3.40

Kids Milk €1.50

Hot Chocolate €3.40

Freshly Squeezed Orange Juice €3.00

**Breads / Scones**

Homemade Multi-seed Brown Scone €2.20

Homemade Fruit Scone €2.20

Homemade Multi seed Brown Bread Loaf €4.00

Oat Bar €2.90

**Sweet Treats**

The Floury Apron Chocolate Biscuit Cake €3.20

Salted Caramel Chocolate Brownie €3.60

Raspberry and Coconut Frangipane €3.60

Carrot Cake €3.20

Mars Bar Rice Krispie Slice €3.20

Cookie €2.50

Biscoff Caramel Square €3.60