

Breakfast Menu

Oats ½&½ (N1, N7, N11)	€7.00
Flahavan's Pinhead and Oatmeal Porridge, mixed berry fruit compote, mixed seeds and honey	
Granola Goodness(N1, N8, N11)	€7.00
The Floury Apron Granola, layers of natural yogurt and mixed berry fruit compote	
Eggs	€8.50
Free- Range Poached (N3) or scrambled (N3, N7) on white or brown doorstep bread (N1) , sourdough(N1) or on homemade multi –seed brown bread (N1)	
Breakfast Bap (N1,N3)	€9.50
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 (N3) GF	€8.50
2 Free range poached eggs, crushed avocado and sweet potato cake	
Sweet potato and Chorizo Hash (N1, N3)	€9.50
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(N1,N3,N7, N10, N11)	€8.50
Gubbeen Chorizo sausage roll served with mixed leaves, cucumber pickle and homemade tomato relish	
The "Clonakilty Black Pudding" Sausage Roll(N1,N3,N7, N10, N11)	€8.50
Clonakilty Black Pudding sausage roll served with mixed leaves, cucumber pickle and homemade tomato relish	
Whole Egg Omelette (N3,N7) GF	€9.50
Choose from the following three fillings : Ham, Cheese, Tomato, Onion and Spinach	
<i>Omelette is served with mixed leaves and cucumber pickle</i>	
Pancakes (N3, N7) GF	€9.50
Choose from the following toppings: Banana and Nutella, mixed berry compote and yogurt or bacon and maple syrup	
On the side	
Sausages €2.80 (N1)Grilled Bacon €2.80, Sweet potato cake €2.80 (N11)	
Clonakilty Black Pudding €2.80, Crushed avocado €2.80	
<u>Kiddies:</u>	
Oats ½ & ½ Porridge(N1, N7, N11)	€3.90
Granola Goodness (N1, N8, N11)	€3.90
Dippy egg & white or brown toast soldiers (N1, N3)	€4.50
Pancakes (N3,N7) GF	€4.50

*Our breakfast menu contains wheat, oats, eggs, milk, walnuts, hazelnuts,
flaked almonds, sesame seeds, mustard*