



BREAKFAST MENU

8-11am Monday - Friday

Food by Gourmet Food Parlour

FROM THE KITCHEN

Scrambled eggs on Bretzel granary toast **7** (1.2,4,5,11) **v**

Porridge with honey & berries **7** (1.4,4) **v**

Smashed avocado with chilli jam on Bretzel granary bread **7** (1.2,11) **ve**

(add toasted seeds **+1.50**) (11) (add herby fried button mushrooms **+2.50**) **ve** (add pancetta & poached eggs **+4**) (5,12)

Huevos rancheros - fried eggs, Hegarty's cheddar, kidney beans, salsa, sour cream, guacamole on a tortilla wrap **10** (1.1,4,5,11,12) **v**

(add chorizo or crumbled black pudding **+1**) (1.3,12)

Eggs Benedict - Irish bacon, poached eggs, hollandaise on toasted English muffin **12** (1.1,4,5,10,12)

Eggs Royale - smoked salmon, poached eggs, hollandaise sauce on toasted English muffin **12** (1.1,4,5,6,10,12)

Smoked salmon scrambled eggs on Bretzel granary toast **11** (1.2,4,6,11)

Farmhouse grill - Irish bacon, Clonakilty black & white pudding, pork sausage, scrambled eggs, tomato relish with Bretzel granary toast

half **9** | full **12** (1.2,1.3,5,8,10,11,12,14)

Vegan full Irish - GFP beans, herby fried mushrooms, cherry tomatoes & Bretzel granary toast **9** (1.2,11,12) **ve**

Granola, yoghurt & berries **7** (1.4,2.1,2.3,4) **v**

Fresh pastry/scone **3** (1.1,4,5,15)

COFFEES

Espresso **2.50** Double espresso **2.75** Americano **2.70** Cappuccino **2.90**

Macchiato **2.50** Latte **2.85** Flat white **2.50** Mocha **3** Hot chocolate **3**

TEAS

Irish Breakfast Tea **2.50** Earl Grey **3.50** Yunnan Green **3.50** Gunpowder & Mango **3.50** Ginger & Lemongrass **3.50**

Camomile **3.50** Wild Berry **3.50** Rooibos & Caramel **3.50** Peppermint **3.50** Liquorice **3.50** Ceylon Black (Decaf) **3.50**

Allergens - All precaution is taken while preparing food in our kitchens. Our kitchen is not a nut or gluten-free environment

1. gluten (1.1 wheat - spelt & khorasan wheat 1.2 rye 1.3 barley 1.4 oats)

2. nuts (2.1 almonds 2.2 hazelnuts 2.3 walnuts 2.4 cashews 2.5 pecan nuts 2.6 brazil nuts 2.7 pistachio nuts 2.8 macadamia/queensland nut)

3. peanuts 4. milk 5. eggs 6. fish 7. crustaceans (7.1 crab 7.2 prawns 7.3 lobsters 7.4 crayfish)

8. soybeans 9. molluscs (9.1 mussels 9.2 oysters 9.3 squid 9.4 snails) 10. mustard 11. sesame seeds

12. sulphur dioxide and sulphites 13. lupin 14. celery 15. varies - **v** vegetarian **ve** vegan