




Breakfast Menu

Kickstart with Caffeine

- Selection of herbal and fruit teas, ground bean coffee €3.00
- Tea, coffee with cookies €3.50
1w|3|6|7
- Tea, coffee with Danish pastries or muffins €5.50
1w|3|6|7
- Tea, coffee with freshly baked scones served with jam and cream €6.00
1w|3|6|7|12





Creative Juices

from €7.50

- Cold pressed juices  
- Passion fruit and frozen yogurt smoothie 6|7 
- Cottage cheese, tomato and basil on Irish brown bread 1w|3|6|7|11|12
- Selection of herbal and fruit teas, ground bean coffee



Superfood Start

from €7.50

- Fruit skewers  
- Natural yogurt with toasted granola 6|7|8a 
- Power balls, almond and maple flap jacks 7|8a 
- Selection of herbal and fruit teas, ground bean coffee

Citrus Spark

from €7.50

- Grapefruit juice  
- Orange smoothie  
- Mini lemon drizzle cakes, lime meringue tarts 1w|3|6|7|12
- Selection of herbal and fruit teas, ground bean coffee




Continental Breakfast

€12.50

- Orange and grapefruit Juice  
- Sliced hams and vintage cheddar cheese 7 
- Croissants, Danish pastries, freshly baked scones 1w|3|6|7|12
- Sliced fresh fruit, berry yogurt with granola 1w|1o|6|7|11|12
- Selection of herbal and fruit teas, ground bean coffee




Traditional Irish Breakfast

€16.50

- Orange and grapefruit juice  
- Baker's basket, mini scones, Irish soda bread, croissants 1w|3|6|7|11|12
- Fresh fruit and yogurts 6|7 
- Irish back bacon, sausages, grilled tomato, mushrooms, hash browns, black and white pudding, fried eggs 1w|1o|3|6|7|11|12
- Selection of herbal and fruit teas, ground bean coffee

Super Start Breakfast

€12.50

- Orange or tomato juice  
- Overnight oats with apple, almonds and honey 3|6|7|8a 
- Natural and fruit yogurt with granola 1w|3|6|7|12
- Irish brown soda bread with avocado and cottage cheese 1w|1o|3|6|7|11|12
- Selection of herbal and fruit teas, ground bean coffee

Breakfast in a Bap

€12.50

- Orange and grapefruit Juice  
- Breakfast bap with egg, Irish back bacon and sausage 1w|1o|3|6|7|9|10|11|12
- Vegan bap with vegan sausage, portobello mushroom, vegan cheese and tomato 1w|6|11|12 
- Selection of herbal and fruit teas, ground bean coffee

PLEASE NOTE: PRICES ARE QUOTED PER PERSON AND ARE SUBJECT TO CHANGE

ALLERGENS:

Barley: 1b; Oats: 1o; Wheat: 1w | Crustaceans: 2
Eggs: 3 | Fish: 4 | Peanuts: 5 | Soy Beans: 6 | Milk: 7
Almonds: 8a; Cashew: 8c; Hazelnuts: 8h; Walnuts: 8w
Celery: 9 | Mustard: 10 | Sesame Seeds: 11
Sulphites: 12 | Lupin: 13 | Mollusks: 14

 Vegan  Gluten Free