

BREAKFAST MENU

Available till 12 noon

ALL DAY BRUNCH

Pork sausages, bacon, egg, pudding,
potato waffles, beans & French fries.

Choose homemade brown bread or toast.
And choose tea or regular filter coffee.

9.5

No French fries

Deduct €1.50

NIAMH'S EGG'S BENEDICT

Toasted English muffin, grilled smoked streaky bacon,
poached eggs, hollandaise sauce and wilted spinach.

And choose tea or regular filter coffee.

8.95

THE COMPACT BREAKFAST

Pork sausages, bacon & egg,

Choose homemade brown bread or toast.

And choose tea or regular filter coffee.

6.5

THE OPEN VEGETARIAN

Smashed avocado, tomato & sage fondue, poached eggs,
on toasted sourdough bread with wilted spinach,
homemade potato crisps and tomato chilli jam on the side.

And choose tea or regular filter coffee.

8.95

THE LOW CALORIE BREAKFAST

Poached egg, lean bacon, dry fried cherry tomatoes,
homemade brown bread and low low butter.

And choose tea or regular filter coffee.

5.95

avg. 280 kcals

THE BREAKFAST BAP

With black pudding, eggs, roast cherry tomato, rocket in balsamic,
homemade potato crisps with tomato chilli jam on the side.

And choose tea or regular filter coffee.

8.95

*If you wish to have a mineral or fresh ground bean
coffee with your breakfast - 50c extra charge*



RESTAURANT & DELICATESSEN

BREAKFAST MENU

Available till 12 noon

SCRAMBLED EGG & BACON

With toast.

And choose tea or regular filter coffee.

6.5

HEALTHY BREAKFAST SUNDAE

Sliced banana, berry compote, coconut shavings, crunchy granola, low fat Greek yogurt and a drizzle of honey.

5.95

FLAVAHAN'S PORRIDGE

With berry compote, honey and crushed almonds.

4.50

FRENCH TOAST

Made with sweet brioche bread served with banana, chocolate & hazelnut sauce and crème fraiche.

6.45

FRESHLY BAKED SCONE

With homemade jam & butter.

Choose from our selection

2.4

NIAMH'S BROWN BREAD

With butter and homemade jam.

2.25

We do not charge extra for refills of our
regular filter coffee or tea
so, please just ask

*Up to date magazines & daily papers are located
opposite the cash register, please help yourself or
your waitress will be delighted to get one for you.*