

RESTAURANT & DELICATESSEN

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# **BREAKFAST MENU**

Available till 12 noon

SOURDOUGH BRUNCH SANDWICH

Grilled sourdough with avocado, poached eggs,

streaky bacon, onion marmalade, micro shoots

and tomato salsa with chilli jam on the side.

And choose tea or regular coffee.

11.35



POSH BEANS and TOAST *(V)*

Mixed beans in a smoked paprika tomato cassoulet

with grilled sourdough, smashed avocado

and a poached egg on top.

And choose tea or regular coffee

9.95 kcal 489 C61 P23 F16

NIAMH’S EGG BENEDICT

Toasted English muffin, grilled smoked streaky bacon,

poached eggs, hollandaise sauce and wilted spinach.

And choose tea or regular filter coffee.

9.5

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.

9.9 (No French fries deduct €1.50)

THE COMPACT BREAKFAST

Pork sausages, bacon & egg,

Choose homemade brown bread or toast.

And choose tea or regular filter coffee.

6.8

If you wish to have a mineral or fresh ground bean coffee with your breakfast

75c extra charge



RESTAURANT & DELICATESSEN

# **BREAKFAST MENU**

Available till 12 noon

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.

6.2

avg. 280 kcals



SCRAMBLED EGG & BACON

With toast.

And choose tea or regular filter coffee.

6.8

FLAVAHAN’S PORRIDGE

With fresh berries, honey and seeds.

4.7

FRENCH TOAST

Made with sweet brioche bread served with

banana, chocolate & hazelnut sauce and crème fraiche.

6.7

FRESHLY BAKED SCONE

With homemade jam & butter.

Choose from our selection –

Pear & almond, Fruit & cinnamon, Plain

2.5

TOASTED BAGEL

With cream cheese and homemade jam.

3.20

NIAMH’S BROWN BREAD

With butter and homemade jam.

2.35

We do not charge extra for refills of our

regular filter coffee or tea

*so, please just ask*