

breakfast buffet

IRISH CONTINENTAL 12.50

A selection of breakfast favourites

- Fresh fruit
- Cereals (muesli, Cornflakes, Rice Krispies, Weetabix, Coco Pops)
 - Natural yoghurt
- Freshly baked breads (sourdough, soda) and delicious Irish jams
 - Pastries (mini croissant, Danish, pain au chocolat)
 - Oatmeal
 - Nuts
 - Fresh juices
 - Smoothies
 - Cheese selection
 - Cold meats
- Muffins (blueberry, chocolate)

FULL IRISH BUFFET 17.50

Made from the finest local produce

- Free range scrambled eggs (1)
 - Back bacon (2)
 - Sausages (3)
 - White Pudding (4)
 - Black Pudding (4)
 - Mushrooms (5)
- Sautéed Potatoes (5)

breakfast à la carte

FLAHAVAN'S OATMEAL 5

Oatmeal with delicious Irish swirled honey and pecan nuts (1, 3, 5)

PASTRY BASKET 7

Freshly baked croissant, pain au chocolat, Danish swirl, tea or coffee (1, 8)

BIRCHER BREAKFAST BOWL 5

Healthy and packed full of energy - muesli, natural yoghurt, berries, sunflower seeds (1, 7)

BRIOCHE FRENCH TOAST 10

Mouth-watering crispy bacon and maple syrup/caramelised banana, pecans and honey (1, 3, 8)

OLD SCHOOL IRISH BREAKFAST 12.50

Scrambled eggs, sausage, bacon, pudding, tomato, mushrooms, toast (1, 3, 12)

STEAK 'N EGGS 16

Succulent 4oz minute steak, two fried eggs, grilled tomato (3)

PROTEIN OMELETTE 12.50

4 egg whites, asparagus, scrumptious Irish bacon and field mushrooms (3, 12)

OMELETTE ROYALE 12.50

4 eggs, delicious Howth smoked salmon, spinach (3, 7)

AVOCADO TOAST 13

Crushed avocado, poached eggs, multi seed spelt toast (1, 3, 11)

- FROM THE BARISTA -

Americano

Cappuccino

Café Latte

Mocha

Espresso

Double Espresso

Macchiato