

BREAKFAST MENU

Morning Toast (v)(gfa) 4a €3.60

Choice of brown soda bread from our bakery, Cuthbert's white or brown toast or gluten free. Served with Irish butter & preserves

French Toast (v)(gfa) 1,4a,13 €9.50

*Toasted brioche, coated in free range eggs & pan fried until golden, served with mixed berries & maple syrup
Add bacon €3.00*

Avocado Toast (gfa) 1,2,4a,7 €9.50

*Smashed avocado, topped with cherry tomatoes, balsamic glaze & radishes
Add smoked salmon €3.50 or Fried egg €1.50*

Eggs Benedict (gfa) 1,7,13 €11.50

Clonakilty cured bacon, free range poached eggs topped with hollandaise sauce

Eggs Florentine (v) 1,4a,7,13 €11.50

Toasted Cuthbert's sourdough, wilted baby spinach, poached free range eggs & hollandaise sauce. Add smoked salmon €3.00

Mexican Eggs 1,4a,7,13 €11.50

Flour tortilla topped with salsa, Irish cheddar, fried egg garnished with avocado & pickled onions

- DIY Scrambled Eggs (v)(gfa) 1,2,4a,7** €8.00
Free range Irish eggs with grilled stem cherry tomatoes +€3.00
 Choose any two of our toppings - chorizo - spinach - smoked salmon
 mushroom - bacon or sausage - clonakilty black pudding
- Breakfast Omelette (gfa) 1,3** €10.50
Made with free range eggs and a choice of three fillings.
 Choose from: Kelleher's ham, sauteed mushrooms,
 tomatoes, Irish cheddar or onions
Served with Cuthbert's toast & Irish butter
- Avocado BLT (gfa) 1,4a,7,9,13** €12.50
*Toasted brown bread with avocado, white cheddar, streaky bacon,
 shredded lettuce, tomato, garlic mayo & a fried egg*
- The Blue Haven Gourmet** €11.90
Full Irish Breakfast (gfa) 4a,9,13
*Created with free range eggs, Clonakilty cured bacon,
 Clonakilty sausages & pudding, sauteed mushrooms,
 potato hash browns, baked beans & sauteed spinach.*
Served with Cuthbert's toast & Irish butter
- The Vegetarian (v)(gfa)** €11.50
*Free range eggs, 2 hash browns, grilled tomatoes,
 roasted field mushrooms, baked beans & sauteed spinach.*
Served with Cuthbert's toast & Irish butter
(Vegan option available with tofu)
- Fluffy Pancakes (v) 1,4a,13** €7.50
2 pancakes with a choice of baked in fruit
 Choose from : Blueberry, Strawberry, Raspberry or Banana
- Blue Haven Open Breakfast Sandwich 1,4a,7,9,13** €10.00
*West Cork bacon, Clonakilty sausages, free range fried egg
 & tomato relish. Served on Cuthbert's sourdough*

- Choose one of the following:** €3.50
Freshly baked sweet & savoury scones and pastries
 - Plain or fruit served with fresh Irish cream
 Irish butter & strawberry jam. 1,4,13
 - Croissants served with fresh Irish cream
 Irish butter & strawberry jam. 4,13
- Selection of freshly baked cakes** €4.20

HEALTHY OPTIONS

- Organic Natural Yoghurt (gf)(v)** 4c,13, dairy free €5.00
Finished with mixed berry compote
- Fruit Bowl (gf)(v)** €6.00
Served with yoghurt & honey
- Traditional Organic Irish
 Oatmeal Porridge (v)** €6.00
Finished with mixed berry compote & honey
- Blue Haven Granola (v)** €6.00
Served with organic natural yoghurt & seasonal compote

SIDE ORDERS €3.00 each

Clonakilty cured bacon, Clonakilty sausages, roasted mushrooms, grilled tomatoes, Ummerra smoked salmon, baked beans, potato hash browns, Clonakilty black pudding

(V) Vegetarian (GF) Gluten Free
 (GFA) Gluten Free options available
 Please be aware our kitchen contains Nuts, Gluten & Dairy
 Please make your server aware of any allergies

Allergens

1. Eggs | 2. Fish | 3. Peanut | 4. Gluten | 4a. Wheat | 4b. Spelt | 4c. Oat | 5. Nuts | 5a. Almonds | 5b. Cashew | 5c. Hazelnut | 5d. Pine Nut | 5e. Walnut | 5f. Pistachio
 6. Crustaceans | 7. Sulphur Dioxide & Sulphites (Used as a preservative) | 8. Celery | 9. Mustard | 10. Sesame Seeds | 11. Lupin | 12. Molluscs | 13. Milk | 14. Soy

(V) Vegetarian, (GFA) Gluten Free options available, (GF*) Contains no flour in the recipe, but flour is used in the kitchen,
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BEVERAGES & COFFEES

	Reg	Lrg
Fresh Squeezed Orange Juice	€4.50	
Apple Juice	€3.00	
Cranberry Juice	€3.00	
Americano	€3.10	€3.50
Cappuccino	€3.40	€3.80
White Coffee	€3.40	€3.80
Latte	€3.40	€3.80
Mocha	€4.10	
Espresso	€3.00	
Double Espresso	€3.30	
Tea	€2.70	
Herbal Tea	€3.40	
Hot Chocolate	€4.20	
Extra shot of coffee	€0.80	
Monin Flavoured Syrups	€0.80	

*Plant based milk available on request:
Choose from: almond, soya, oat or coconut
Decaffeinated tea or coffee available*

THE
BLUE HAVEN



51° 42' 22.717" N 8° 31' 22.258" W



www.bluehavencollection.com | 021-4772209