

AN BRICFEASTA

Breakfast is served from 8-10am

LEITE (PORRIDGE)

We make our porridge with Flahavans oat milk and water

Our suggested toppings:

+ Stewed Bramley apples + cinnamon

or

+ Belgian Dark chocolate + Bailey's Cream Liqueur **7**

or

+ Stewed Bramley apples + crumble topping **2 7**

MAINS

UIBHEACHA SCALLTA: POACHED EGGS **2 4 13**

2 free-range poached eggs + roasted seeds, multi-seed toast

UIBHEACHA SCROFA: SCRAMBLED EGGS **2 4 5 13**

2 free-range scrambled eggs on white toast, smoked salmon

BRICFEASTA FRIOCHTA: FULL IRISH BREAKFAST **2 4 13 14**

Bacon² and sausages², roast vine tomato, black + white pudding,
fried free-range egg, white toast

AN MION BRICFEASTA: THE MINI **2 4 13 14**

Bacon and sausage, roast vine tomato, fried free-range egg, white toast

ROGHA AN VEIGEÁIN: THE VEGAN

Vegetable and potato rosti, organic black bean + butter bean tomato ragu

GAN GLÚTAN: THE GLUTEN FREE **1 4 9 13 14**

Gluten-free Sausages³, roast vine tomato, free-range fried egg, gluten-free toast

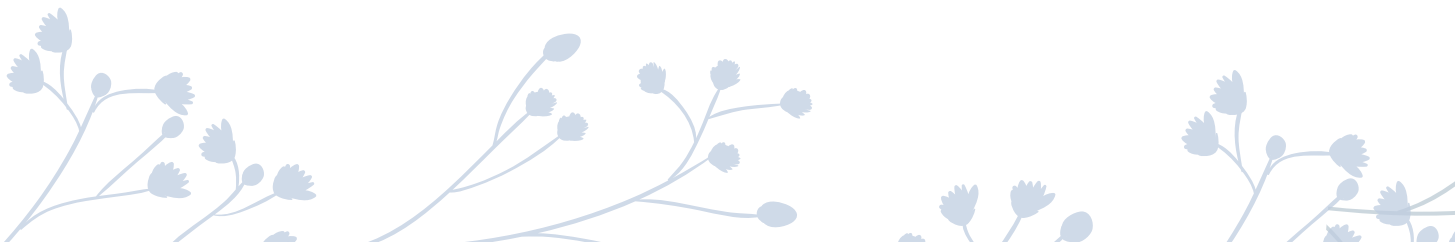
AN ROGHA MILIS: THE SWEET CHOICE

Fluffy 'American Style' Pancakes with: **2 4 7**

+ Chocolate fudge sauce **7**

or

+ Smoked bacon, Maple flavored golden syrup



1 Celery	2 Cereals containing gluten
3 Crustaceans	4 Eggs
5 Fish	6 Lupin
7 Milk	8 Molluscs
9 Mustard	10 Nuts
11 Peanuts	12 Sesame seeds
13 Soya	14 Sulphites

BIA ÁITIÚIL AGUS ÚR : FRESH, LOCAL FOOD

AGA: As Joan Cronin did, we cook everything in or on our Aga cooker.

BACON & SAUSAGES: From Michael Twomey's Craft Butchers in Macroom.

BAKING: Everything is baked here except the butter croissants.

BLACK & WHITE PUDDING: From Twomey's Butchers in Clonakilty, West Cork.

BREAD: Our toast is from Lynch's Family Bakery in Macroom, 5 generations of baking.

BUTTER: From Bandon co-op and Kanturk co-op.

CHEESE: Gouda cheese with herb and nettle from Round Tower Farm House, Enniskeane, Co. Cork.

COFFEE: from Maher's Coffee, run by John and Mary Mackey in Cork since 1991. We are serving their Columbian Dark Roast fair trade organic coffee.

EGGS: Our eggs are free-range from Jason Bryan's Valley View Farm, Riverstick, Co. Cork.

JAM: From Mairín and Peadar Ó Lionaird [Folláin Jam] in Baile Mhuirne.

MILK: From Clóna Dairy, Clonakilty, West Cork.

PORRIDGE OATS: Run by Johnny's family for over 200 years, we slow cook 'Flahavan's' 100% wholegrain rolled oats on our Aga.

PRUNES: Toby and Jenny Rose in Toonsbridge Dairy source them in D'Agen, France.

SMOKED SALMON: From family-owned Ballycotton Seafood in Cork.

TEA: Barry's Gold Blend Tea is a family business trading on the banks of the Lee in Cork since 1901.

WATER: Our water is triple-filtered, chemical-free spring water from the Gougane Barra mountains.

YOGHURT: Glenilen from Alan and Valerie's family farm in Drimoleague, West Cork or The Cleary Family's Glenisk Organic Yoghurt from County Offaly.

