

# TASTE BREAKFAST

## EGGS YOUR WAY

### FREE RANGE EGGS

TWO EGGS & TOAST €8.50

TWO EGGS & TOAST & BACON €10.50

Choose your Eggs: Poached, Fried or Scrambled (1, 3 milk, 10)  
Choose your Toast: Sour Dough, House made Brown soda (3 milk, 7 wheat) or gluten free bread

TASTE BAP €12.50

Streaky bacon, sausage, fried egg, brioche bap (1, 3 milk, 7 wheat, 10)

### EGGS BENEDICT

English muffin topped with free range poached eggs, and house made hollandaise sauce

FLORENTINE €16

With sautéed spinach. (1, 3 milk, 7 wheat, 10)

CLASSIC €18

With bacon. (1, 3 milk, 7 wheat, 10)

IRISH €19

With Clonakilty black pudding & bacon. (1, 3 milk, 7 wheat, oats, 10)

### SMASHED AVOCADO & POACHED EGG SPECIALS

SMASHED AVOCADO & PICO DE GALLO €16

With spinach, poached eggs on house made brown soda bread (1, 3 milk, 7 wheat)

SMASHED AVOCADO & SMOKED CHORIZO €18

With poached eggs, peanut rayu, mushroom, sweet potato, guacamole & sour dough (1, 3 milk, 6, 7 wheat, 10, 11, 14 peanuts)

## BREAKFAST HASH

TASTE BREAKFAST HASH €19

Chorizo, parmentier potatoes, cheddar, spinach, scrambled egg, tomato, hollandaise (1, 3 Milk, 10)

VEGAN HASH €19

Parmentier potatoes, spinach, pico de gallo, mushroom, vegan sausage, cashew miso dressing (5 cashew, 10)

## HOT BREAKFAST

### FULL BREAKFASTS

TASTE FULL BREAKFAST €17

Two sausages, bacon, beans, mushroom, Clonakilty black pudding, free range egg & toast. (1, 7 wheat, oats, 10)

MEGA BREAKFAST €19

Two Sausages, two bacon, free range egg, mushroom, Clonakilty black pudding, beans, parmentier potatoes and toast. (1, 7 wheat, oats, 10)

GLUTEN FREE FULL €17 OR MEGA €19

Gluten free sausages, gluten free black pudding & gluten free multi seed bread. Please note \*These may take a little longer as they need to be cooked separately (1, 10, 11)

## BAKERY

### FRESHLY BAKED TODAY

TOAST €3.50

Choose from sourdough, house made brown soda, or gluten free Raspberry jam or marmalade (3 milk, 7 wheat)

SCONES (1, 3 milk, 7 wheat)

Berry scone with butter & jam €5

Berry scone with berry compote & whipped cream €6

PASTRIES (1, 3 milk, 7 wheat)

Croissant with butter & jam €4

Pain au Chocolat €4

Bakery of the day €4

# TASTE BREAKFAST

## HOT BREAKFAST

### VEGETARIAN OR VEGAN

VEGETARIAN BREAKFAST €19

Toonsbridge halloumi, mushroom, sweet potato with cashew crunch, guacamole, spinach, tomato, free range egg & toast (1, 3 milk, 5 cashew, 6, 7 wheat, 9, 10, 11 sesame)

VEGAN SPECIAL €18

Portobello mushrooms & peanut rayu on a hand cut sour dough with spinach, guacamole, sweet potato & slow roast tomato. (6, 7 wheat, 11, 14 peanuts)

### PANCAKES OR FRENCH TOAST

All served with a condiment box containing organic maple syrup, Nutella, salted caramel.

(1, 3 milk, 5 hazelnuts, 7 wheat, 10)

PANCAKES €13

PANCAKES WITH STREAKY BACON €15

PANCAKES WITH FRESH BERRIES, BERRY COMPOTÉ & SOFT SERVE ICE CREAM €17

FRENCH TOAST €14

FRENCH TOAST WITH BACON €16

FRENCH TOAST WITH BERRY COMPOTÉ & SOFT SERVE ICE CREAM €17

Gluten Free French Toast Available on request

## JUICES & SMOOTHIES

FRESHLY SQUEEZED JUICE €4.50

Choose from orange or pressed apple juice

FRESHLY MADE DAIRY FREE SMOOTHIES €6.50

Very berry or strawberry. (6)

CLEAN & GREEN €6.50 Apple juice, avocado, kale, lime & mint

## HEALTHY BOWLS

### FRUIT & GRANOLA BOWLS

FRESH FRUIT & BERRY SELECTION €8.50

Served with coconut yoghurt & berry compote (6)

HOUSE GRANOLA €10.50

Granola, mixed berries, stewed rhubarb, super seeds, coconut yogurt (5 pecan, almonds, 6, 7 oats, 11 sesame)

CHOCOLATE & GRANOLA BOWL €13

Granola, dark chocolate, mixed berries, banana, & coconut yogurt (5 pecan, almonds, 6, 7 oats, 10, 11 sesame)

### DAIRY FREE SMOOTHIE BOWLS

Thick blended smoothies with Banana, Fresh Orange Juice, Coconut Yoghurt & mixed berries

MORNING BOWL €16

Topping: Shaved coconut, melon, pineapple, grapes, granola. (5 pecans, almonds, 6, 7 oats, 10, 11)

BERRY BOWL €16

Topping: Banana, mixed berries, granola, chia seeds. (5 pecans, almonds, 6, 7 oats, 10, 11)

### PORRIDGE BOWLS

Made with oat milk and a blend of organic porridge oats & quinoa Served with honey, cinnamon sugar & maple syrup

ORGANIC PORRIDGE (7 oats) €6.50

CLASSIC PORRIDGE & STEWED RHUBARB (7 oats) €8.50

RHUBARB, CHIA & CHOCOLATE PORRIDGE BOWL €10.50

Chia seeds, rhubarb, granola, dark chocolate (3 milk, 5 pecan, almonds, 7 oats, 10, 11 sesame)

SUPER PORRIDGE & BERRY COMPOTE €10.50

Topped with mixed berries, nutty granola & shaved coconut (5 pecans, almonds, 7 oats)

### EXTRAS - ADD TO ANY HOT MAIN ORDER - NOT SOLD INDIVIDUALLY

ADD EXTRAS €2.50

SAUSAGE / BACON / BEANS / EGG / FLAT MUSHROOM / SLOW ROASTED PLUM TOMATO / BLACK PUDDING

VEGAN SAUSAGE

ADD EXTRAS €3.50

SAUTÉED SPINACH / SCRAMBLED EGG / SMOKED CHORIZO

DIPS: GUACAMOLE / PEANUT RAYU (SPICY)

& CASHEW CRUNCH

ADD EXTRAS €5

SWEET POTATO FRIES OR

PARMENTIER POTATOES TOSSED IN ROSEMARY & ROCK SALT

## ALLERGEN KEY

PLEASE NOTE THAT WHILST WE TAKE EVERY CARE WE RUN A VERY BUSY KITCHEN WITH MANY PRODUCTS SO WE CANNOT GUARANTEE THE ABSENCE OF AN ALLERGEN FROM ANY DISH ORDERED.

1. Egg & Products thereof
2. Fish & Products thereof
3. Dairy & Products thereof
4. Shellfish & Products thereof
5. Nuts & Products thereof
6. Soybeans & Products thereof
7. Wheat (gluten) & Products thereof
8. Mustard & Products thereof
9. Celery & Products thereof
10. Sulphites
11. Sesame Seeds & Products thereof
12. Lupin & Products thereof
13. Molluscs & Products thereof
14. Peanuts & Products thereof