

s e a s a l t

BRUNCH MENU

SERVED DAILY FROM 9AM - MIDDAY

We believe in the power of a great breakfast & brunch and have created a nourishing menu packed full of delicious healthy dishes & classic comfort treats using the very best ingredients.

AÇAÍ BOWL €9 (VF)

Organic acai, frozen berries, banana, coconut milk, topped with our own housemade granola, fruit, honey & coconut flakes (Allergens will depend on topping, granola 3a, 3d, 3g, 3h, 12)

CRUSHED AVOCADO €9.50 (V)

Served on grilled Bacus sourdough topped with perfectly poached eggs, crumbled feta cheese, garnished with mixed seeds and served with grilled vine tomatoes. Add a side of streaky bacon €2 (1a, 3, 4, 7, 13)

TRADITIONAL OMELETTE €9 (V) (S&H)

High in protein & low in carbs. Served with delicious tomato salsa & mixed leaves. Add your choice of tomato, ham or spring onion. Can also be made with just egg whites if you prefer. (7)

VEGAN AVOCADO TOAST €9.50 (VF)

Crushed avocado & lime, chickpea & sun dried tomato, chia seeds on grilled sourdough bread (1a)

HEALTHY PROTEIN TOAST €9 (VF)

Delicious toasted Bacus sourdough topped with peanut butter, sliced banana, chia seeds & drizzled with honey (V) (1a, 2, 4)

GRILLED BREAKFAST €11

2 sausages, 2 slices of grilled bacon, black & white Annascaul pudding, grilled plum tomato, egg cooked how you like it, served with a thick slice of toasted Bacus bread. Served with Barry's tea or freshly brewed coffee. Smaller version €8 (1a, 1c, 1d, 4, 7, 11, 13, 14)

EGGS BENEDICT €9.50

Perfectly poached eggs, nestled on a slice of tasty gammon, served on Bacus bread with homemade hollandaise (1a, 4, 7, 13, 14)

HOUSEMADE STACKED BUTTERMILK PANCAKES €8 (V)

Served with Nutella, homemade fruit compote or maple syrup. Add a side of streaky bacon €2 (1a, 3d, 4, 7)

TRADITIONAL IRISH CREAMY PORRIDGE OATS €5 (V)

You choose the topping, pick 2 please. Housemade granola, banana, chia seeds, mixed seeds, flaked almonds, maple syrup, local honey, 0% fat free Greek yogurt, blueberry or raspberry compote, cinnamon, fresh berries. Add a cup of fresh fruit €2 (1) (Allergens will depend on toppings, granola 1d, 4)

(V) Vegetarian (S&H) Slim and Healthy (VF) Vegan Friendly

ALLERGEN GUIDE

1.Cereal 1a.Wheat 1b. Rye 1c.Barley 1d.Oats 2.Peanuts 3.Nuts 3a.Almonds 3b.Brazil Nuts 3c.Cashews 3d.Hazelnuts
3e.Macadamia 3f.Pecan 3g.Pistachio.
3h.Walnuts 4.Milk 5.Crustaceans 6.Mollusc 7.Eggs 8.Fish 9.Celery 10.Lupin 11.Mustard 12.Sesame Seeds 13.Soya 14.Sulphur Dioxide