

s e a s a l t

BRUNCH MENU

SERVED DAILY FROM 8.30AM - 3PM

We believe in the power of a great breakfast & brunch.

We have created a nourishing menu packed full of great healthy dishes & classic comfort treats using the very best ingredients.

ACAI BOWL €9

Organic acai, frozen berries, banana, coconut milk, topped with our own housemade granola, strawberries, honey & coconut flakes (V)(VF)

CRUSHED AVOCADO €9

Served on grilled Bacus sourdough topped with perfectly poached eggs, crumbled feta cheese garnished with mixed seeds and served with grilled vine tomatoes (V) Add a side of bacon €2

HERBY EGG WHITE OMELETTE €9

High in protein, low in carbs & completely fat free. Served with delicious tomato salsa & mixed leaves. Add your choice of tomato, ham or spring onion (V) (S & H)

s e a s a l t HEALTHY PROTEIN TOAST €9

Delicious toasted Bacus sourdough topped with peanut butter, sliced banana, chia seeds & drizzled with honey

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 Filter Coffee. Smaller version €8

CLASSIC EGGS BENEDICT €9

Perfectly poached eggs, delicious slow baked honey roasted ham, served on Bacus Bread with homemade hollandaise

SOFTLY SCRAMBLED EGGS €7

Served with homemade brown bread and roasted plum tomato (V) Add a side of bacon €2

TRADITIONAL IRISH CREAMY PORRIDGE OATS €5

You choose the topping, pick 2 please.. s e a s a l t housemade granola, banana, chai seeds, mixed seeds, flaked almonds, maple syrup, local honey, 0% fat Greek yogurt, blueberry or raspberry compote, cinnamon, fresh berries (V) Add a cup of fresh fruit €2

HOUSEMADE STACKED BUTTERMILK PANCAKES €7

Served with Nutella, homemade fruit compote or maple syrup (V) Add steaky bacon €2

HEALTHY OAT PANCAKES €7

Delicious vanilla flavoured oat pancakes served with seasonal berries, sliced banana with a drizzle of natural Killarney honey (V) (S & H)

HOUSEMADE s e a s a l t CRUNCHY GRANOLA POT €4

0% fat free creamy Greek yogurt, layered with raspberry & elderflower compote, seasonal berries and topped with our own delicious housemade granola & local honey (V) (S & H)

OVERNIGHT OATS €4

Porridge oats, 0% fat free Greek yogurt layered with mixed berry compote garnished with fresh berries & mint leaves (V)

(V) Vegetarian (S & H) Slim and Healthy (VF) Vegan Friendly
Please contact your server for a copy of this menu with full allergens listed