

s e a s a l t

BRUNCH MENU

SERVED DAILY FROM 10AM - 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.

CLASSIC FRENCH TOAST €10 (M)

2 slices of brioche topped with cinnamon sugar, served with fruit compote or maple syrup
Add a side of streaky bacon + €2.50
(1a, 4, 7, 13)

TRADITIONAL OMELETTE €10.50

High in protein & low in carbs. Add your choice of tomato, ham, cheese or spring onion.
(7,4)

EGGS BENEDICT €10.50

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

VEGAN AVOCADO TOAST €10 (VF)

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

VEGETARIAN BREAKFAST €11 (M)

Grilled vegetarian sausage, hash brown, beans, grilled tomato, egg cooked how you like it
(1a, 2, 4)

GRILLED BREAKFAST €14

2 sausages, 2 slices of grilled bacon, black & white pudding, grilled tomato, egg cooked how you like it, baked beans, hash brown, choice of brown or white toast.
Served with a choice of tea or coffee
(1a, 1c, 1d, 4, 7, 11, 13, 14)

HOUSEMADE STACKED BUTTERMILK PANCAKES €9 (M)

Served with Nutella, homemade fruit compote or maple syrup. Add a side of streaky bacon €2.50
(1a, 3d, 4, 7)

TRADITIONAL IRISH CREAMY PORRIDGE OATS €6 (M)

You choose the topping, pick 2 please. Housemade granola, banana, chia seeds, maple syrup, honey, natural yogurt, wild berry compote, cinnamon
(1) (Allergens will depend on toppings, granola 1d, 4)

(M) Vegetarian (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