



BREAKFAST MENU



- 1. Buttermilk Pancakes** (2, 4, 7, 10, 11) €8.00
*3 fluffy buttermilk pancakes with a choice of Nutella and strawberries
OR crispy smoked streaky bacon and maple syrup.*
- Children's portion (2 pancakes) €5.00
- 2. Breakfast Bap** (2, 4, 7, 14) €8.50
*Allshire's smoked streaky bacon, sausage, black and white pudding,
crispy fried potatoes and a fried egg all wrapped up with a bit of
ketchup in one of John Fields floury baps.*
- 3. Porridge** (2, 7) €6.00
Flahavans porridge oats with fruit and honey.
- 4. Sausage roll** (2, 4, 7) €4.00
*Allshire's sausage meat & smoked bacon bits rolled up in flaky all
butter puff pastry and a bit of Ballymaloe relish on the side.*
- 5. Avocado Toast** (2, 4, 7) (Gluten Free option available) €9.00
*Wholemeal sourdough toast with avocado, feta and roast cherry vine
tomatoes.*
- Add bacon €10.00
Add egg + bacon €11.00
- 6. Gluten free smoked streaky bacon and egg bap** (2, 4, 7, 12) €8.50
*Gluten free bap with Smoked streaky bacon, fried egg and crispy
fried potato & ketchup.*
- 7. Crispy Fried Spuds**(2, 4, 7) €3.00



All Minerals	€2.00
Tea	€2.50
Americano	€2.80
Cappuccino	€3.00
Flat White	€3.00
Affogato	€3.50
Mocha	€3.00

Latte	€3.00
Hot Choc	€3.00
Baby Chino (4oz)	€1.00
All iced coffees	€3.50
Ice Cream Tubs	€2.50
All Cakes	€3.50

Our Local Suppliers
Glenmar Shellfish
Fields of Skibbereen
Radical Roots
Michael Moore Fruit & Veg
West Cork Coffee
Rosscarbery Recipes

List of Allergens

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|-----------------------------------------|----------------------------------------|
| 1. Celery | 8. Molluscs, mussels, oysters |
| 2. Cereals – spelt, barley, wheat, oats | 9. Mustard |
| 3. Crustaceans – prawns, crab, lobster | 10. Nuts, almonds, walnuts, pecans etc |
| 4. Eggs | 11. Peanuts |
| 5. Fish | 12. Sesame Seeds |
| 6. Lupin | 13. Soy Bean |
| 7. Milk | 14. Sulphur Dioxide & Sulphites |



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