

what's the story morning **glory?**

allergen index

#1 crustaceans #2 molluscs
#3 fish #4 peanuts #5 nuts
#6 cereals containing gluten
#7 milk/milk products #8 soya
#9 sulphur dioxide #10 sesame seeds
#11 eggs #12 celery & celeriac
#13 mustard #14 lupins

please notify a member of management
regarding any allergens or food intolerances

hot stuff all €12.50

black pudding & toonsbridge halloumi salad
mixed leaves, cherry tomatoes and dijon citrus dressing allergen 6 barley & oat, 7, 13

crushed avocado
avocado, feta cheese, sourdough toast & poached eggs allergen 6 wheat, 7, 11

brioche “breakfast” boudin
pork sausage, bacon, grilled tomato, fried egg, sauté mushrooms, white pudding, ballymaloe relish allergen 6 wheat, barley & oat, 7, 9, 11

baby spinach & goats cheese omelette allergen 7, 11

organic homemade porridge
banana, mixed berries & maple syrup allergen 6 oat, 7

scrambled egg & grilled bacon
served with roast tomato on toasted sourdough allergen 6 wheat, 7, 11

pastries all €3.20

butter croissant allergen 6 wheat, 7, 11

pain au chocolat allergen 6 wheat, 7, 11

cinnamon swirl allergen 6 wheat, 7, 11

pastel de nata allergen 6 wheat, 7, 11

tea and coffee

espresso	€3.00
double espresso	€3.60
macchiato	€3.60
flat white	€4.20
americano	€4.00
latte	€4.00
cappuccino	€4.50
mocha	€4.50
hot chocolate	€4.00
breakfast tea	€3.50
fruit and herbal tea	€4.00

full range of plant-based milk substitutes are available €0.40

milk based coffees contain allergen 7

juices all €12.50

orange
cranberry
apple
pineapple
tomato

all soft drinks contain no.9