

Bowls...

- **Granola Glass** €9
greek yoghurt, berry compote, seasonal berries & honey 1d, 7, 8,
- **Açai** €11
açai berry sorbet, banana, strawberries, blueberries & almond flakes
choose: nutella chocolate sauce, peanut butter, lemon curd or honey 1d, 7, 8,

Brioche French Toast/ Pancake Stacks...

(pancakes made with gluten free ingredients) 9F1, 3, 7

- **Crispy Bacon**
canadian maple syrup 1a, 3, 7, 12
- **Berry**
local berries & homemade berry compote,
choose: maple or nutella chocolate sauce 1a, 3, 7, 8b,
- **Kinder**
bueno & nutella chocolate sauces, kinder bar 1a, 3, 7, 8b,
- **Caramelised Banana**
walnuts, greek yoghurt & caramel 1a, 3, 7, 8c,
(add peanut butter €2)

Benny's...

toasted muffin with hash browns, poached eggs & lemony hollandaise 1a, 1d, 3, 7

- grilled ham 12 €14
- crispy bacon 12 €14
- smoked salmon 4 €15
- wilted baby spinach €13

Boost Brunch...

open style brunch with handmade toasted sourdough & poached eggs 1a, 3, 7

- **Bacon** €15
crispy bacon, crushed avocado & melted cheddar 11, 12
- **Chicken** €15
grilled chicken, crushed avocado & melted cheddar
- **Beet** €15
roasted & pickled beetroots, crushed avocado, & soft grilled goat's cheese
- **Salmon** €16
hand smoked salmon & crushed avocado 4

Goat's Cheese & Roasted Beetroot

candied walnuts, fresh pear, beets &
soft-grilled goat's cheese, balsamic reduction 9F1, 7, 8c,
(add black pudding €3, add grilled chicken €4)

Sticky Halloumi Bowl

roasted harissa chickpeas, avocado, cherry tomatoes,
houmous, grilled honey halloumi 9F1, 1a, 7, 11,
(add warm flatbread €1, grilled chicken €4)

Grills...

- **Brioche Bap** €12
organic bap with crispy bacon, sausage, white pudding,
poached egg & house relish 1a, 6, 3, 7, 12
- **House Grill** €16
sausages, crispy bacon, white & black pudding, hash browns,
scrambled eggs, tomato & chilli relish 3, 5, 6, 7, 10, 12
choose: bloomer toast or toasted brown muffin 1a, 7
(add mushrooms €3, add fried potatoes €3, add baby tomatoes €3)
- **V Grill** €14
roasted baby potatoes, panfried mushrooms, wilted baby spinach,
hash browns, marinated tomatoes, scrambled eggs & house relish
choose: bloomer toast or toasted brown muffin 1a, 7
(add crushed avocado €3)
- **Chickpea Fritter** €13
homemade vegan red pepper fritter, lemon & houmous,
crushed avocado 11, 9F1,

Open Sandwiches etc...

- **BLT** €14
warm flat bread, crispy bacon, tomato,
mayo & leaves, keogh's crisps 1a, 3, 7, 12
- **Country** €14
rosemary roast ham, melted cheeses,
homemade red onion jam, keogh's crisps 12
- **Club** €15
grilled chicken, crispy bacon, house relish,
tomatoes & melting cheddar, keogh's crisps 12
- **Italian Chicken** €15
grilled chicken, homemade green & red pestos, baby tomatoes 1a, 7
& choose: mozzarella or soft goat's cheese, keogh's crisps
- **Caesar Wrap** €16
cos lettuce, buttermilk chicken goujons, crispy bacon,
parmesan, croutons, french fries & homemade caesar dip 1a, 3, 4, 7
- **Grilled Chicken Burger** €17
warm grilled chicken, garlic mayo, lettuce, tomato, red onion &
emmental cheese on an organic brioche bun, french fries

Salads...

- **Caesar** €16
cos lettuce, grilled chicken, crispy bacon, parmesan,
croutons & homemade dressing 1a, 3, 4, 7
- **Warm Prawn Salad** €17
crushed avocado, sizzling garlic prawns, marinated tomatoes,
garlic sourdough toast 1a, 7, 14

Kids...

Brioche French Toast/Pancake Stacks €8.50

(pancakes made with gluten free ingredients) GF1, 3, 7

- Crispy Bacon

canadian maple syrup 1a, 3, 7, 12

- Kinder

bueno & nutella chocolate sauces, kinder bar 1a, 3, 7, 8b, V

- Banana

sliced banana & homemade caramel sauce 1a, 3, 7, V

- Strawberry

local strawberries & nutella chocolate sauce 1a, 3, 7, 8b

- Choc & marshmallow

chocolate chips, nutella sauce and mini marshmallows

Toastie

- ham & cheese 1a, 7, 12 €7

Mini Grill

- crispy bacon, sausage, scrambled egg & toast 1a, 3, 7, 12 €9

Chips etc

- Chicken Goujons & Chips 1a €9.50

- Sausages & Chips 12

- Grilled Chicken & Chips

Kids Drinks

- belgian hot chocolate, marshmallow, chocolate flakes €3.20

- white hot chocolate, marshmallow, white chocolate flakes €3.20

- apple juice carton €2

- ribena carton €2.50

- freshly squeezed orange juice €3.20

Ice-Cream Tub

- glenowen vanilla or double chocolate €3.50

Allergen Key...

GF1=dish is made from gluten free ingredients

V = Vegetarian

AVG = available in vegan

1. cereals containing gluten (a: wheat, b: rye, c: barely, d: oats)

2. crustacean

3. eggs

4. fish

5. peanuts

Sides...

french fries €4.50

smoked crispy bacon 12 €4

kearn's sausages 12 €4

tournafulla white/black pudding 6, 12 €4

grilled chicken €4.50

hand smoked salmon 4 €5.50

eggs: scrambled, poached, fried 3 €3

hash browns €3

crushed avocado €3.50

fried mushrooms €3.30

seasonal berries €4.30

sauces & dips €2

bloomer toast (2) 1a, 7 €3

gluten free/vegan loaf (1) €3

grilled flat bread (lid) €1.50

toasted brown breakfast muffin 1a €3

To maintain prompt & efficient service,
we try to limit menu substitutions,
but of course let us know if
you have any allergies

Dishes on our menu labelled GF1
are made using gluten free ingredients -
however, our kitchen & bakery area
also use products containing gluten &
therefore may not be suitable for those
suffering from Coeliac Disease



6. soybeans

7. milk

8. nuts

(a: almonds, b: hazelnuts, c: walnuts, d: cashews, e: brazil nuts,
f: pecan, g: pistachio nuts, h: macadamia)

9. celery

10. mustard

11. sesame seeds

See table menu & boards for selection of drinks & something sweet...