



BREAKFAST MENU



- 1. Buttermilk Pancakes** (2, 4, 7, 10, 11) €7.00
*3 fluffy buttermilk pancakes with a choice of Nutella
OR crispy smoked streaky bacon and maple syrup.*
- 2. Breakfast Bap** (2, 4, 7) €7.50
*Allshire's smoked streaky bacon, sausage, black and white pudding
and a fried egg all wrapped up with a bit of ketchup in one of John
Fields floury baps.*
- 3. Porridge** (2, 7) €5.00
Flahavans porridge oats with fruit and honey.
- 4. Sausage roll** (2, 4, 7) €4.00
*Allshire's sausage meat 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) €8.00
*Wholemeal sourdough toast with avocado, feta and roast cherry vine
tomatoes.
add bacon €2.00*



All Minerals
Tea
Americano
Cappuccino
Flat White
Affogato
Mocha

€2.00
€2.50
€2.80
€3.00
€3.00
€3.50
€3.00

Latte
Hot Choc
Baby Chino (4oz)
All iced coffees
Ice Cream Tubs
All Cakes

€3.00
€3.00
€1.00
€3.50
€2.50
€3.50

Our Local Suppliers

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

List of Allergens

- | | |
|---|--|
| 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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