



BREAKFAST MENU



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| 1. Frittata of the day (2, 4, 7, 10, 11) | €9.00 |
| <i>Homemade frittata served with crispy fried potatoes and fresh brown bread. (Gluten Free option available)</i> | |
| 2. Buttermilk Pancakes (2, 4, 7, 10, 11) | €8.00 |
| <i>3 fluffy buttermilk pancakes with a choice of Nutella and strawberries OR crispy smoked streaky bacon and maple syrup.</i> | |
| Children's portion (2 pancakes) | €5.00 |
| 3. Breakfast Bap (2, 4, 7, 14) | €8.50 |
| <i>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.</i> | |
| 4. Porridge (2, 7) | €6.00 |
| <i>Flahavans porridge oats with fruit and honey.</i> | |
| 5. Sausage roll (2, 4, 7) | €4.00 |
| <i>Allshire's sausage meat & smoked bacon bits rolled up in flaky all butter puff pastry and a bit of Ballymaloe relish on the side.</i> | |
| 6. Avocado Toast (2, 4, 7) (Gluten Free option available) | €9.00 |
| <i>Wholemeal sourdough toast with avocado, feta and roast cherry vine tomatoes.</i> | |
| <i>Add bacon</i> | €10.00 |
| <i>Add egg + bacon</i> | €11.00 |
| 7. Gluten free smoked streaky bacon and egg bap (2, 4, 7, 12) | €7.50 |
| <i>Gluten free bap with Allshire's smoked streaky bacon and ketchup or relish.</i> | |
| 8. Crispy Fried Spuds (2, 4, 7) | €3.00 |



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

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| 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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