



BREAKFAST MENU

Served from 9am - 12.00 pm

- 1. Buttermilk Pancakes** (2, 4, 7, 10) €11.50
*3 fluffy buttermilk pancakes with a choice of Nutella
OR crispy smoked streaky bacon and maple syrup.*
Children's portion (2 pancakes) €8.00
- 2. Breakfast Bap** (2, 4, 7, 14) (Gluten Free option available) €12.50
*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. Avocado Toast** (2, 4, 7) (Gluten Free option available) €12.50
*Wholemeal sourdough toast with avocado, feta and
roast cherry vine tomatoes.*
Add egg and bacon €14.00
- 4. Gluten Free Breakfast Bap** (2, 4, 7, 14) €12.50
*Allshire's smoked streaky bacon, fried eggs, crispy
fried potatoes and ketchup. On Clonakilty Gluten Free
Kitchen Bun.*

Certain omissions are possible on menu items but substitutes are not. Thank you.

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 |