

IT'S NEVER TOO LATE FOR A LITTLE BREAKFAST

EGGS BENEDICT8.95 Poached Eggs & Bacon on Toast with Hollandaise	ALL DAY BREAKFAST 9.95 2 Sausage, 2 Bacon, Mushrooms, Egg, Pudding, Tomato, Rustic Potatoes & Toast
EGGS FLORENTINE8.95 Poached Eggs & Spinach on Toast with Hollandaise	SCRAMBLED EGGS & BACON7.95 Eggs & 2 Bacon with Toast
PANCAKES WITH MAPLE SYRUP5.50 PANCAKES WITH BACON8.95	BREAKFAST BURRITO8.50 Slow Cooked BBQ Pulled Pork, Scrambled Egg & Mozzarella Wrap with Rocket & Chipotle Sauce

LITE BITES

SOUP OF THE DAY5.50 Fresh Home Made Soup with Bread	TIGER PRAWNS PIL PIL9.95 Cooked in Olive Oil with Garlic & Chillies with Dipping Bread
BREAD & DIPS5.95 Selection of House Baked Breads with Dips	CRISPY BEEF BRISKET BON BON7.50 24 Hour Slow Cooked Brisket Wrapped up in a Breadcrumbs Coat with Horseradish Dip
CHICKEN LIVER PATE7.95 with Toast & Cumberland Sauce	BRUSCHETTA6.95 Tomato, Mushrooms, Onion, Mozzarella Cheese, Pesto & Balsamic
SPICY WINGS7.95 Roasted & Tossed in a Med to Hot Spicy Sauce with a Sweet Chilli Dip	CREAMY MUSHROOMS5.95 Sauté Mushrooms with a Little Cream on Toast

SANDWICH PLATES

SERVED WITH HOME CUT CHIPS, CHOOSE A HOME MADE BREAD - TOMATO & FENNEL, WHITE, SOFT BROWN, WHOLE MEAL BROWN, BAP, BAGEL, WRAP OR GLUTEN FREE

B.L.T7.50 Bacon, Lettuce & Tomato with Mayo	TOASTED SPECIAL7.50 Ham, Cheese, Tomato & Onion
MEDITERRANEAN7.50 Roasted Vegetables Topped with Goats Cheese & Pesto	CHICKEN BREAST7.95 Mixed Leaves, Cherry Tomato & Chilli Mayo

WARM FLAT BREADS

BBQ PULLED PORK9.95 Green Onion, Carrot, Peppers & Rocket	MUSHROOMS & CARAMELISED ONIONS8.50 Aged Balsamic Reduction, Blue Cheese, Roasted Walnuts & Rocket
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SALADS

WARM CHICKEN 9.50/12.50 Grilled Chicken on Mixed Leaves with Rustic Potatoes & a Light House Dressing	PRAWN & CHORIZO 12.50/15.50 Tiger Prawns & Sliced Chorizo Cooked in Cajun Spices & Garlic with Peppers on a Mixed Leaf Salad
WARM BEEF SALAD 12.50/15.50 Warm Beef with Cashel Blue cheese & Rustic Potatoes on Mixed Leaves, House Dressing, Balsamic Glaze & Pesto	KITCHEN GARDEN SUPERFOOD SALAD 8.95/12.50 Roast Butternut Squash, Roast Sweet Potato, Beetroot, Lentils, Feta Cheese, Mixed Leaves & Citrus Dressing

"OUR PHILOSOPHY - WITH OUR EMPHASIS ON FRESHNESS & FLAVORS, OUR DISHES ARE PREPARED USING THE BEST LOCALLY SOURCED INGREDIENTS"

"Which is why we grow vegetables, herbs & fruit when in season at our own Kitchen Garden's Check out our facebook page and see your food grow. www.facebook.com/14Arestaurant

WE ARE ALSO SUPPLIED BY CORKS FINEST

ROB'S KITCHEN GARDEN - ORGANIC HERBS, VEGETABLES & FRUIT
CHICKEN INN - ENGLISH MARKET - FRESH IRISH CHICKEN
TOM DURCAN - ENGLISH MARKET - IRISH BEEF

KEOHANE'S SEAFOOD - BANTRY BAY - FRESH FISH
CL FAMILY BUTCHER - CORK - IRISH BEEF, LAMB & BACON
ALL FRESH - CORK - FRESH VEGETABLES