

# BREAKFAST



STRAWBERRY & BANANA SMOOTHIE .....	4.20
GRANOLA WITH FRUIT & ORGANIC NATURAL YOGURT .....	4.95
MIXED FRUIT BOWL WITH ORGANIC NATURAL YOGURT .....	5.20
HOT ORGANIC PORRIDGE .....	4.20
<i>with Brown Sugar &amp; Jam Compote</i>	
TOASTED BACON OR SAUSAGE SANDWICH .....	4.50
SCRAMBLED EGGS, BACON & TOAST .....	6.95
SCRAMBLED OR POACHED EGGS ON TOAST .....	4.95
SAVOURY PANCAKES WITH MAPLE SYRUP .....	4.95
MINI BREAKFAST .....	5.50
<i>1 Sausage, 1 bacon, Egg, Toast, with Reg Tea or Coffee</i>	
FULL IRISH .....	9.50
<i>2 Sausages, 2 Bacon, Pudding, Egg, Tomato, Mushrooms, Beans, Toast, Regular Tea or Coffee</i>	
VEGE BREAKFAST .....	8.30
<i>Scrambled Eggs, Tomato, Mushrooms, Fried Potato, Beans, Toast, Regular Tea or Coffee</i>	
EGGS BENEDICT .....	7.50
<i>Poached Eggs &amp; Bacon on Toast with Hollandaise sauce</i>	
EGGS FLORENTINE .....	7.50
<i>Poached Eggs &amp; Spinach on Toast with Hollandaise sauce</i>	
OMELETTE - SPINACH, TOMATO & MUSHROOM .....	7.50

## EXTRAS

SLICE BACON .....	1.60
FRIED EGG .....	1.20
SAUSAGE .....	1.00
BEANS .....	1.60
MUSHROOMS .....	1.60
SCRAMBLED EGG .....	3.45
½ GRILLED TOMATO .....	1.00
PUDDING .....	1.00

## SNACKS & TREATS

TOAST, WHITE OR BROWN .....	1.95
BAGEL WITH BUTTER & JAM ....	1.75
FRUIT SCONE, BUTTER & JAM .	1.95
CROISSANT WITH JAM .....	2.00
MUFFIN WITH CREAM .....	2.95
CHOCOLATE CHIP COOKIE .....	1.95
CHOCOLATE BROWNIE .....	3.95
CHOCOLATE BISCUIT SLICE ....	3.95

IF YOU HAVE A FOOD OR DRINK ALLERGY OR INTOLERANCE, PLEASE INFORM A MEMBER OF OUR TEAM.  
THE FOOD ALLERGENS USED IN THE PREPARATION OF OUR FOOD CAN BE VIEWED IN THE SEPARATE MENU  
AVAILABLE AT THE COUNTER.

PLEASE ASK A MEMBER OF STAFF IF YOU NEED ADDITIONAL INFORMATION ON FOOD ALLERGENS

# BREAKFAST



## COFFEES

ALL OUR COFFEE BEANS ARE ORGANIC

AMERICANO COFFEE .....	2.30
LARGE AMERICANO COFFEE .....	2.60
WHITE COFFEE .....	2.50
LARGE WHITE COFFEE .....	3.10
DECAF COFFEE CAFETERIA FOR 2 .....	4.20
CAPPUCCINO .....	2.50
LARGE CAPPUCCINO .....	3.10
CAFÉ LATTE .....	2.60
CAFÉ MOCHA .....	3.10
ESPRESSO .....	2.20
DOUBLE ESPRESSO .....	2.70
EXTRA COFFEE SHOT .....	0.55

## TEAS

TEA (FAIR TRADE), .....	2.30
DECAF TEA, EARL GREY .....	2.30
HERBAL TEA .....	2.30
GREEN, CAMOMILE, PEPPERMINT, WILD BERRY	
HOT CHOCOLATE .....	2.85
	REG LRG
GLASS OF MILK .....	1.55 2.10
JUICES .....	2.65 3.65
ORANGE, GRAPEFRUIT, CRANBERRY, PINEAPPLE. APPLE.	

## OUR PHLOSOPHY

“WITH OUR EMPHASIS ON FRESHNESS & FLAVOURS OUR DISHES ARE  
PREPARED USING THE BEST LOCALLY SOURCED INGREDIENTS”

WHICH IS WHY WE GROW VEGETABLES, HERBS & FRUIT WHEN IN SEASON AT OUR KITCHEN GARDEN. CHECK  
OUT OUR FACEBOOK PAGE AND SEE YOUR FOOD GROW. [WWW.FACEBOOK.COM/ROBS.ALLOTMENT](http://WWW.FACEBOOK.COM/ROBS.ALLOTMENT)

## WE ARE ALSO SUPPLIED BY CORKS FINEST

ROB'S KITCHEN GARDEN - ORGANIC HERBS, VEGETABLES & FRUIT

CHICKEN INN ENGLISH MARKET - FRESH IRISH CHICKEN

K O'CONNELLS ENGLISH MARKET - FRESH FISH

TOM DURCAN ENGLISH MARKET - RISH BEEF, PORK & SAUSAGES

O'CRUALAGH BALLINCOLLIG- IRISH ORGANIC BEEF, LAMB & BACON

ALL FRESH LITTLE ISLAND - FRESH VEGETABLES