

BREAKFAST



STRAWBERRY & BANANA SMOOTHIE	4.50
GRANOLA WITH FRUIT & ORGANIC NATURAL YOGURT	5.50
MIXED FRUIT BOWL WITH ORGANIC NATURAL YOGURT	5.50
HOT ORGANIC PORRIDGE	4.95
<i>with Honey & Jam Compote</i>	
TOASTED BACON OR SAUSAGE SANDWICH	4.50
SCRAMBLED EGGS, BACON & TOAST	7.50
SCRAMBLED OR POACHED EGGS ON TOAST	4.95
SAVOURY PANCAKES WITH MAPLE SYRUP	5.50
MINI BREAKFAST	5.50
<i>1 Sausage, 1 bacon, Egg, Toast, with Reg Tea or Coffee</i>	
FULL IRISH	9.95
<i>2 Sausages, 2 Bacon, Pudding, Egg, Tomato, Mushrooms, Beans, Toast, Regular Tea or Coffee</i>	
VEGE BREAKFAST	8.50
<i>Scrambled Eggs, Tomato, Mushrooms, Fried Potato, Beans, Toast, Regular Tea or Coffee</i>	
EGGS BENEDICT	7.95
<i>Poached Eggs & Bacon on Toast with Hollandaise sauce</i>	
EGGS FLORENTINE	7.95
<i>Poached Eggs & Spinach on Toast with Hollandaise sauce</i>	
OMELETTE - Spinach, Tomato & Mushroom	7.95
BREAKFAST HASH	8.95
<i>Poached Eggs & Spinach on Toast with Hollandaise sauce</i>	

EXTRAS

TOAST, WHITE OR BROWN	2.10
SLICE BACON	1.80
FRIED EGG	1.50
SAUSAGE	1.20
BEANS	1.60
MUSHROOMS	1.95
SCRAMBLED EGG	3.45
½ GRILLED TOMATO	1.00
PUDDING	1.00

SNACKS & TREATS

CHOCOLATE CHIP COOKIE	2.45
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 BOOKLET AVAILABLE AT THE COUNTER.
PLEASE ASK A MEMBER OF STAFF IF YOU NEED ADDITIONAL INFORMATION ON FOOD ALLERGENS

BREAKFAST



COFFEES

TRADITIONALLY HAND ROASTED JAVA COFFEE BEANS

AMERICANO	2.60
LARGE AMERICANO	2.80
FLAT WHITE COFFEE	2.80
LARGE FLAT WHITE COFFEE	3.10
DECAF COFFEE	2.60
CAPPUCCINO	2.80
LARGE CAPPUCCINO	3.20
CAFÉ LATTE	2.95
CAFÉ MOCHA	3.20
ESPRESSO	2.30
DOUBLE ESPRESSO	2.70
FLAVOURINGS	0.65
<i>VANILLA, HAZELNUT, CARMEL</i>	

TEAS

ALL OUR TEAS ARE FAIRTRADE

TEA	2.30
DECAF TEA, EARL GREY	2.30
LOOSE LEAF HERBAL TEA	2.50
<i>GREEN, CAMOMILE, PEPPERMINT, WILD BERRY</i>	
HOT CHOCOLATE	2.95
	<i>REG LRG</i>
GLASS OF MILK	1.55 2.10
JUICES	2.65 3.65
ORANGE, CRANBERRY, PINEAPPLE, APPLE.	

OUR PHILOSOPHY

“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.

WWW.RESTAURANT14A.IE

WE ARE ALSO SUPPLIED BY CORKS FINEST

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

CHICKEN INN - ENGLISH MARKET - FRESH IRISH CHICKEN

KEOHANE'S SEAFOOD - BANTRY BAY - FRESH FISH

CL FAMILY BUTCHER - CORK - IRISH BEEF, LAMB & BACON

ALL FRESH - CORK - FRESH VEGETABLES