

# BREAKFAST



## LIGHT

STRAWBERRY & BANANA SMOOTHIE	4.95
GRANOLA WITH BERRY COMPOTE & Organic Natural Yogurt	6.50
HOT ORGANIC PORRIDGE with Honey & Berry Compote	5.95

## PANCAKES

AMERICAN STYLE PANCAKES	
LEMON & MAPLE SYRUP (V)	6.95
BACON & MAPLE SYRUP	9.95

## HEARTY BREAKFASTS With Regular Tea or Coffee |

MINI BREAKFAST - 1 Sausage, 1 Slice Bacon, Fried Egg, White Toast	7.50
FULL IRISH - 2 Sausages, 2 Slices Bacon, Pudding, Fried Egg, Tomato, Mushrooms, Beans, Toast	12.95
VEGE BREAKFAST - Scrambled Eggs, Tomato, Mushrooms, Fried Potato, Beans, Toast	9.95

## GLUTEN FREE TOAST + €1

## ON TOAST

SCRAMBLED EGGS, BACON & TOAST	9.95
TOASTED BACON SANDWICH	6.50
TOASTED SAUSAGE SANDWICH	6.50
POACHED EGGS ON TOAST	6.50
SCRAMBLED EGGS ON TOAST	6.50
CRUSHED AVOCADO ON TOAST Lime, Chilli, Tomato & Rocket	8.50
ADD POACHED EGG	10.50

## EGGS

EGGS BENEDICT Poached Eggs & Bacon on Toast with Hollandaise sauce	9.95
EGGS FLORENTINE Poached Eggs & Spinach on Toast with Hollandaise sauce	9.95
OMELETTE Spinach, Tomato & Mushroom	8.95
BREAKFAST HASH Potato Chunks, Spinach, Tomatoes, 2 Poached egg, Hollandaise Sauce	10.50

## EXTRAS/BUILD YOUR OWN

Slice Bacon	2.00	Fried Egg	2.00	Beans	2.95
Sausage	2.00	Poached Egg	2.00	½ Grilled Tomato	1.00
Black Pudding	1.00	Scrambled Eggs	3.95	Mushrooms	2.95
White Pudding	1.00	Toast	2.50	Avocado with chili	2.95

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## COFFEES

Traditionally Hand Roasted Java Coffee Beans  
Soya/Oat Milk + 50c

	REG/LGE
AMERICANO	3.00/3.50
CAPPUCCINO	3.40/3.80
FLAT WHITE COFFEE	3.40/3.80
DECAF COFFEE	3.00
CAFÉ LATTE	3.70
CAFÉ MOCHA	3.90
ESPRESSO	2.90
DOUBLE ESPRESSO	3.50
HOT CHOCOLATE	3.90
FLAVOURINGS	1.50
Vanilla, Hazelnut, Caramel	

## TEAS

All Our Teas Are Fair Trade

	REG/LGE
TEA	3.00
DECAF TEA, EARL GREY	3.00
LOOSE LEAF HERBAL TEA Green, Camomile, Peppermint, Wild Berry	3.60

## JUCIES & SOFT DRINKS

	REG/LGE
GLASS OF MILK	2.00/3.90
JUICES Orange, Cranberry, Apple.	3.10/4.90
COCA COLA/ 7UP/ FANTA	3.30
DIET COKE/DIET 7UP	3.30
MINERAL WATER (STILL/SPARKLING)	3.00/5.50

## OUR PHILOSOPHY

“with an Emphasis on Freshness & Flavours Our Dishes are  
Prepared Using the Best Locally Sourced Ingredients”  
- restaurant14a.ie

WE ARE SUPPLIED BY CORKS FINEST  
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 VEGETABLE