HOT BEVERAGES

	Reg	Large
Americano	€2.70	€3.10
Cappuccino	€3.10	€3.50
Caffé Latte	€3.10	€3.50
Chai Latte or Vanilla	€3.50	
Flat White	€3.20	
Espresso	€2.70	€3.10
Macchiato	€3.10	€3.40
Cortado	€3.10	
Hot Chocolate	€3.20	€3.60
Mocha	€3.30	€3.70
Tea	€2.50	
Herbal Tea	€3.20	
Glass of Hot Water	€1.50	
Glass of Hot Water with Lemon	€1.70	
Extra shot of Coffee	0.60	
Flavoured Syrups	0.60	
- caramel, vanilla, hazelnut, cinnamon		

Dairy free milk alternatives available - Coconut, Almond, Oat, Rice or Soya

SMOOTHIES €5.50

Choose your milk Dairy | Oat | Almond | Coconut | Soya

Morning Smoothie: Banana, blueberries, oats, probiotic yoghurt

All the Goodness: Strawberries, mango, banana Tropical Vibes: Pineapple, orange, banana Green Start: Spinach, green apple, avocado, lime, dates Nutty One: Probiotic yoghurt, banana, peanut butter Healthy Toppings: .50c each Chia seeds | Flax seeds | Maca powder

JUICES €5.50

Pure OI

Immune Boost: Cucumber, Parsley, Spinach, Apple, Lemon & Kale **Ginger Detox:** Carrots, Apple, Ginger, Lemon **Sunshine:** Orange, Apple, Lime & Mint

Please see our specials board

SOFT DRINKS €3.00

Coke, Diet Coke, Club Orange, Club Lemon, 7up, Diet 7up, Mineral Water, Pink Lemonade, Lemon Sparkling Lemonade and San Pellegrino (lemon, orange, blood orange) Coconut Water €2.50

KIDS DRINKS

Babycino	€2.20
Chocolate Babycino	€2.50
Kids Smoothies	€3.20
- Banana, Strawberry, Yogurt & Honey - Pineapple, Melon & Orange Juice Kids Frésh Orange Juice Milk	€3.20 €1.60

BLUE HAVEN

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Café

BOUTIQUE BAKERY

ACCOMMODATION

BREAKFAST MENU

A member of The Blue Haven Collection

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	HYGIENE ASSURED YOUR SAFETY IS OUR PROMITY	

Good Morning... **Maidin Mhaith**

€3.00

€5.30

€6.30

MORNING TOAST (V) Choice of brown soda bread from our bakery, Cuthbert's white or brown bread or gluten free served with Irish butter & homemade preserves

FRESHLY BAKED SCONE OR CROISSANT €3.00 With fresh Irish cream, Irish butter & strawberry jam **BREAKFAST BAR** €3.50

Pumpkin seeds, apricot, raisins and coconut

TRADITIONAL ORGANIC IRISH OATMEAL PORRIDGE (H)(V)

Served with mixed berry compote & Irish honey Can be made with dairy free milk alternatives - coconut, almond, oat, rice or soya

AVOCADO ON CUTHBERT'S TOAST €6.00 (Add fried egg or poached egg €1.50) (Add smoked salmon €3.00) **OUR FAMOUS PANCAKES (V)** (1-€5.90)

2**-€6.90**)́ Seasonal berry compote, banana or plain, served with Maple syrup or crème fraiche (3-€7.90)

FRENCH TOAST (V)

Cuthbert's Brioche loaf, coated in free range Irish eggs & pan fried until golden, served with fresh blueberries & organic maple syrup (Add bacon €2.20)

GREEK YOGHURT & FRESH FRUIT ENERGY BOWL (H)(V) €6.50 With house fruit salad, flax seeds and crunchy granola

OLD BANK HOUSE BREAKFAST BAP €7.50

Cuthbert's toasted bap, grilled West Cork bacon, organic Irish pork sausage & tomato relish (Add a free range Irish egg €1.50)

SCRAMBLED EGGS (V) Free range Irish eggs with grilled stem cherry tomatoes (Add smoked salmon €3.00) (Add West Cork bacon €2.20)

€7.50

MEXICAN EGGS 2 free range fried eggs, bacon lardons, red kidney beans and tomato salsa served on toasted tortilla (Add Avocado €2.20)

EGGS BENEDICT

€9.50 Toasted Cuthbert's bread, West Cork bacon, poached free range Irish eggs & homemade hollandaise sauce

EGGS FLORENTINE (V)

€8.50

Toasted Cuthbert's bread, wilted baby spinach, poached free range Irish eggs & homemade hollandaise sauce (Add smoked salmon €3.00)

EGGS ROYAL

€10.50

€9.50

€8.50

Toasted Cuthbert's bread, smoked salmon, poached free range Irish eggs & homemade hollandaise sauce

OLD BANK HOUSE FULL IRISH BREAKFAST €9.90

Two slices of West Cork bacon, organic Irish pork sausage, Clonakilty black & white pudding, grilled tomato, roasted field mushroom, free range Irish egg, hash browns, baked beans, Cuthbert's toast & Irish butter

OLD BANK HOUSE MINI BREAKFAST €6.90 Choose 4 items from the classic to create your own

BREAKFAST OMELETTE

Made with free range Irish eggs, with a choice of the following fillings, Kelleher's ham, sautéed mushrooms, tomatoes, Irish cheddar or onions

VEGAN TOFU SCRAMBLE

Organic tofu scramble, seasoned with turmeric, cumin and mustard seeds, served with grilled cherry tomatoes, crispy kale and Cuthbert's bread

THE VEGETARIAN (H)(V)€9.00

Free range Irish eggs, 2 hash browns, grilled tomatoes, roasted field mushrooms, baked beans & sautéed spinach. Served with Cuthbert's toast

ADD A SIDE ORDER

€2.20 each

TO YOUR BREAKFAST West Cork bacon, organic Irish pork sausages, avocado, hash browns, baked beans, roasted mushrooms, grilled tomatoes, smoked salmon

€3.00

We hope you enjoy your Breakfast and your experience in Kinsale. Bain taitneamh as do bhricfeasta agus Cionn tSáile







(H) Healthy Option (V) Vegetarian (GF) Contains no flour in the recipe, but flour is used in the kitchen Please ask your server for our list of allergens