

An Bricfeasta

Breakfast is served from 8-10am
Since 1936



UIBHEACHA SCALLTA: POACHED EGGS 2 4 13

2 free-range poached eggs, roasted seeds, multi-seed toast

UIBHEACHA SCROFA: SCRAMBLED EGGS 2 4 5 13

2 free-range scrambled eggs, smoked salmon, white toast

BRICFEASTA FRIOCHTA: FULL IRISH BREAKFAST 2 4 13 14

Bacon² and sausages², roast vine tomato, black + white pudding,
fried free-range egg, white toast

AN MION BRICFEASTA: THE MINI 2 4 13 14

Bacon, sausage, roast vine tomato, fried free-range egg, white toast

ROGHA AN VEIGEÁIN: THE VEGAN 1 4 9 13 14

Vegetable and potato rosti, organic black bean + butter bean tomato ragu

GAN GLÚTAN: THE GLUTEN FREE

Gluten-free Sausages³, roast vine tomato, free-range fried egg, gluten-free toast

AN ROGHA MILIS: THE SWEET CHOICE

Fluffy 'American Style' Pancakes 2 4 7

with: Chocolate fudge sauce 7

or

Smoked bacon, Maple flavored golden syrup

LEITE: PORRIDGE (OATMEAL)

Served plain or with one of the following toppings:

Stewed Bramley apples + cinnamon 7

or

Belgian Dark chocolate + Bailey's Cream Liqueur 2 7

or

Stewed Bramley apples + crumble topping



Bia áitiúil agus úr : Fresh, local food

AGA: As Joan Cronin, Neil's Nana did, we cook everything in or on our Aga cooker.

BACON & SAUSAGES: From Michael Twomey's Craft Butchers in Macroom.

BAKING: Everything is baked here except the butter croissants.

BLACK & WHITE PUDDING: From Edward Twomey's Butchers in Clonakilty, West Cork.

BREAD: Our toast is from Lynch's Family Bakery in Macroom, 5 generations of baking.

BUTTER: From Bandon co-op and Kanturk co-op, one hour from here.

CHEESE: Locally sourced depending on seasonality

COFFEE: from Maher's Coffee, run by John and Mary Mackey in Cork since 1991.
We are serving their Colombian Dark Roast fair trade organic coffee.

EGGS: Our eggs are free-range from Jason Bryan's Valley View Farm, Riverstick, Co. Cork.

JAM: From Mairín and Peadar Ó Lionaird [Folláin Jam] in Baile Mhuirne, West Cork.

MILK: From Clóna Dairy, Clonakilty, West Cork.

PORRIDGE OATS: Run by Johnny's family for over 200 years,
we slow cook 'Flahavan's' 100% wholegrain rolled oats on our Aga.

PRUNES + APRICOTS: Toby and Jenny Rose in Toonsbridge Dairy source them in D'Agen, France.

SMOKED SALMON: From family-owned Ballycotton Seafood in Co. Cork.

TEA: Barry's Gold Blend Tea is a family business trading on the banks of the Lee in Cork since 1901.

WATER: Our water is triple-filtered, chemical-free spring water from the Gougane Barra mountains.

YOGHURT: Tom and Mary Dunne run Killowen family farm in Co. Wexford.

1 Celery	2 Cereals containing gluten
3 Crustaceans	4 Eggs
5 Fish	6 Lupin
7 Milk	8 Molluscs
9 Mustard	10 Nuts
11 Peanuts	12 Sesame seeds
13 Soya	14 Sulphites

