

RISE AND DINE

Breakfast



Breakfast

THE BEST PART OF WAKING UP

Whether you want your breakfast fried, French or veggie – we got you. Start your day in the best way possible with a tasty breakfast.

THE MEGA IRISH BREAKFAST

Three Irish pork & leek sausages, three rashers of grilled back bacon, three fried free-range eggs, three hash browns, Heinz® baked beans, grilled tomato, two flat mushrooms and your choice of toasted white (+310 kcal) or wholemeal bloomer bread (+279 kcal) with butter 1543 kcal

HEARTY IRISH BREAKFAST

Two Irish pork & leek sausages, two rashers of grilled back bacon, two fried free-range eggs, two hash browns, Heinz® baked beans, grilled tomato, two flat mushrooms and your choice of toasted white (+310 kcal) or wholemeal bloomer bread (+279 kcal) with butter 1105 kcal

SMALL IRISH BREAKFAST

Irish pork & leek sausage, a fried free-range egg, grilled back bacon, hash brown, Heinz® baked beans, grilled tomato, flat mushroom and your choice of toasted white (+155 kcal) or wholemeal bloomer bread (+140 kcal) with butter 579 kcal

HEARTY VEGGIE BREAKFAST **V**

Three vegan sausages, three fried free-range eggs, three hash browns, Heinz® baked beans, grilled tomato, two flat mushrooms and your choice of toasted white (+310 kcal) or wholemeal bread (+279 kcal) with butter 1040 kcal

SMALL VEGGIE BREAKFAST **V**

Vegan sausage, a fried free-range egg, hash brown, Heinz® baked beans, grilled tomato, flat mushroom and your choice of toasted white (+310 kcal) or wholemeal bloomer bread (+279 kcal) with butter 433 kcal

AVOCADO ON TOAST **VB**

Toasted muffin with spiced avocado, flat mushroom and cherry tomatoes 329 kcal

FRENCH TOAST

Topped with maple syrup

CHOOSE A TOPPING:

Smoked streaky bacon 761 kcal or, Red fruits **V** 612 kcal

THE NO-BRAINER BREAKFAST BAP!

Served in a toasted brioche-style linseed bun.

THE WORKS

Two Irish pork & leek sausages, grilled back bacon and a fried free-range egg 790 kcal

BACON & EGG BAP

Grilled back bacon and a fried free-range egg 437 kcal

SAUSAGE & EGG BAP

Two Irish pork & leek sausages and a fried free-range egg 639 kcal

VEGGIE SAUSAGE & EGG BAP **V**

Two vegan sausages and a fried free-range egg 605 kcal

ADD 2

hash browns

+189 kcal

TASTY OATS

If a fry up ain't for you, perhaps this will do?

CREAMY PORRIDGE **V**

Made with jumbo oats 191 kcal

CHOOSE A TOPPING:

STRAWBERRY JAM +143 kcal

HONEY +182 kcal

COFFEES FOR *mugs*

	REGULAR	LARGE
AMERICANO	9 kcal	10 kcal
CAPPUCCINO	103 kcal	136 kcal
LATTE	108 kcal	146 kcal
MOCHA	135 kcal	153 kcal
TEA	27 kcal	

Adults need around 2000 kcal a day. **V** - made with vegetarian ingredients. **VB** - made with vegan ingredients, however some of our preparation, cooking and serving methods could affect this.

If you require more information, please ask your server.

All our allergen information is available online or via our Glass Onion app. It's easy to filter out dishes containing any of the 14 major allergens and is always kept up to date. Our food and drinks are prepared in food areas where cross contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies or intolerances, or need help accessing our allergen information, please let us know before ordering.

All calories are correct at the time of menu print. Live nutrition information is available online. Prices include VAT at the current rate. All items are subject to availability.