



VICTORIAN TEA ROOMS



Sample Breakfast Menu

9.30am to 11.45am

Here at the Tea Rooms, we love our food, our tea and our coffee. We want to share this love of food with you. We use the best of Irish ingredients, and our breakfasts are cooked to order.

Tea Rooms Full Irish Breakfast

Traditional thick cut bacon, breakfast sausage, grilled tomato, herb baked flat mushroom and Kelly's black and white pudding, two eggs (poached, fried or scrambled), served with toast 14.25

(1,4, scrambled eggs;2, 7,8, bread allergens below)

Tea Rooms Mini Breakfast

Traditional thick cut bacon, breakfast sausage, Kelly's black pudding, an egg (poached, fried or scrambled), and grilled tomato served with toast 11.00

(1,4, scrambled eggs;2, 7,8, bread allergens below)

Breakfast Bowl (Vegan and Gluten Free)

Red quinoa, avocado, spinach leaves, mint, peas, herb oil 12.25

- Add poached eggs 13.75
- Add black pudding & poached egg 15.25

(1,8,10)

Scrambled Eggs

Scrambled eggs with fresh basil, spinach, herb roast tomato on sourdough toast 8.50

- Add bacon 11.50
- Or add Irish smoked salmon 12.00

(1, 2, 4, scrambled eggs; 2, gluten free option available, bread allergens below)

Tea Rooms Porridge

Jumbo oats (cooked to order with water /milk), served with fresh berries, honey, cinnamon and almonds 6.50 (1,2,3)

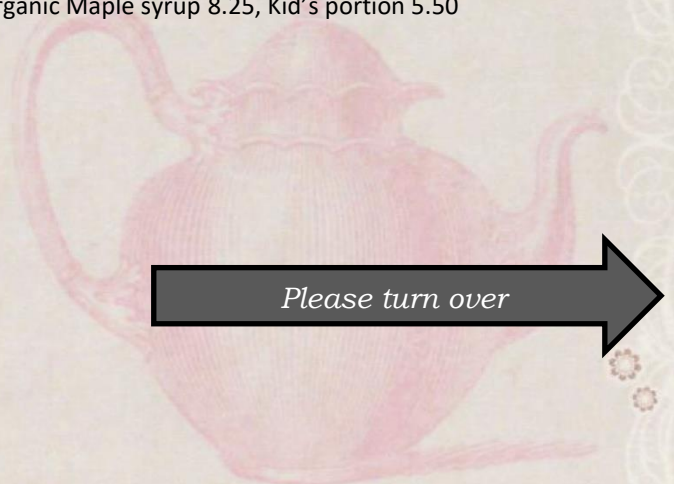
Vegan option, cooked with almond milk 6.95 (1,3)

Pancakes

Stack of buttermilk pancakes, cooked to order, with organic Maple syrup 8.25, Kid's portion 5.50

- Add bacon 11.25
- Or Add fruit 11.25

(1, 2, 4)



Please turn over



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Avocado & Eggs

Smashed avocado, two poached eggs, grilled tomato, toasted seeds and fresh parsley on sourdough toast

8.50 (4, gluten free option, bread allergens below)

- Add bacon 11.50
- Or Add Irish smoked salmon 12.00

Granola

Homemade nutty granola (oats, hazel nut and almond, honey, sultana, mixed seeds and cinnamon) served with Greek yogurt, honey and fresh fruit 7.75 (1,2,3,5)

Sides

- | | |
|---------------------|---------------------------------------|
| 2 Bacon 3.00 | Huevos Rancheros Baked beans 2.50 (8) |
| 2 Sausages 3.00 (1) | 2 Mushroom 2.00 |
| 2 Pudding 2.50 (1) | 2 Grilled Tomatoes 2.00 |

Allergens

Tea Rooms Bread – Brown (1,2,4) Brown Seed (1,2,3,4,5) White Bread (1) Gluten Free Bread (2,4,5)

1=Gluten, 2 = Milk, 3 = Nuts, 4= Eggs, 5=Sesame seeds, 6=Celery, 7=Soybeans, 8=Sulphites, 9=Crustaceans, 10=Mustard, 11=Lupin, 12 = Molluscs, 13=Fish

Tea & Coffee

Barry's gold blend loose leaf tea 3.15



Solaris herbal tea (Organic) 3.65 (Chakra Tea, blended to match your wellness. Vegan and plastic free)

- I Am** - Root Chakra – Ginger, Cinnamon, Cacao Peel
- I Feel** - Sacral Chakra -Rooibos, Cacao Peel, Vanilla
- I Do** -Solar Plexus – Black tea, Cinnamon, Cardamom
- I love**- Heart – Chamomile, Fennel, Rose
- I Speak** -Throat – Lemongrass, Hibiscus, Ginger
- I See** - Third Eye – Peppermint, Fennel, Nettle



McCabe's Coffee

- Americano** regular 3.50
- American** large 3.95
- Flat White** 3.75
- Latte** regular 3.75
- Latte** large 4.15
- Cappuccino** regular 3.75
- Cappuccino** large 4.15
- Alternatives milks (oat or almond) plus 40c

Please note, that for groups over four we cannot split bills. Thank you.

All food, including cakes are prepared in our kitchen using the best quality ingredients. We use free range eggs in our cooking. While we do our very best to ensure that only the allergens listed are contained in any item, unfortunately we cannot guarantee this.

