

# AN BRICFEASTA

Breakfast is served from 8-10am

## LEITE (PORRIDGE)

Our suggested toppings:

- + Stewed Bramley apples with a dusting of Cinnamon
- or
- + Belgian Dark chocolate chips and a splash of Bailey's Cream Liqueur **7**
- or
- + Apple Crumble: Stewed Bramley Apples and Crumble topping **2 7**

## MAINS

### UIBHEACHA SCALLTA: POACHED EGGS **2 4 13**

2 free-range poached eggs, Lynch's multi-seed toast and a sprinkle of roast seeds

### UIBHEACHA SCROFA: SCRAMBLED EGGS **2 4 5 13**

2 free-range scrambled eggs on white toast, Ted Browne's organic smoked salmon on top

### BRICFEASTA FRIOCHTA: FULL IRISH BREAKFAST **2 4 13 14**

Bacon<sup>2</sup> and sausages<sup>2</sup>, roast vine tomato, black and white pudding, a fried free-range egg and Lynch's white toast

### AN MION BRICFEASTA: THE MINI **2 4 13 14**

Bacon and sausage, roast vine tomato, a free-range fried egg and Lynch's white toast

### ROGHA AN VEIGEATÓRA: THE VEGGIE **2 4 7 12 13**

Potato cakes, roast mushroom, vine tomato and Batchelors beans, fried egg, Lynch's multi-seed toast

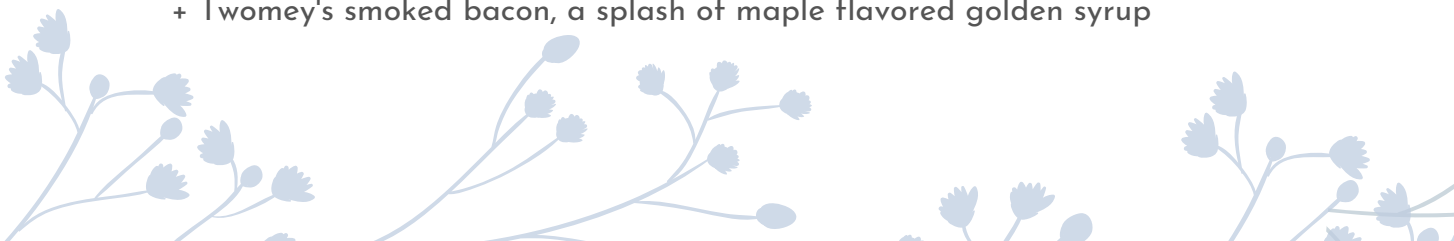
### GAN GLÚTAN: THE GLUTEN FREE **1 4 9 13 14**

Michael Twomey's Gluten-free Sausages<sup>3</sup>, a roast vine tomato, a free-range fried egg and gluten-free toast

### AN ROGHA MILIS: THE SWEET CHOICE **2 4 7**

Fluffy 'American Style' Pancakes with:

- + Chocolate fudge sauce **7**
- or
- + Twomey's smoked bacon, a splash of maple flavored golden syrup



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

## BIA ÁITIÚIL AGUS ÚR : FRESH, LOCAL FOOD

AGA: As Joan Cronin did, we cook everything in and 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 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.

CHEESE: Gouda cheese with herb and nettle from Round Tower Farm House, Enniskeane, Co. Cork.

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

EGGS: Our eggs are always free-range from John Mohan of Ballyfree.

FRUIT & VEGETABLES: Our most local supplier is Damien Twohig in Inchigeelagh.

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

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: Toby and Jenny Rose in Toonsbridge Dairy import them from D'Agen, France.

SMOKED SALMON: From family-owned Ballycotton Seafood in 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: Glenilen from Alan and Valerie's family farm in Drimoleague, West Cork and The Cleary Family's Glenisk Organic Yoghurt from County Offaly.

