

THE BAY *Bistro*

HEARTY BREAKFAST ^{1,3,7}

Rosscarbery Pork Sausages, Cronin's Smoked Streaky Bacon, Free Range Fried Egg, Toasted Irish Potato Farl, Chestnut Mushrooms, Roasted Cherry Vine Tomatoes, Sneem Black Pudding, Heinz Baked Beans.

GLUTEN FREE ON REQUEST

HALF HEARTED BREAKFAST ^{1,3}

Rosscarbery Pork Sausage, Cronin's Smoked Streaky Bacon, Free Range Fried Egg, Sneem Black Pudding, Heinz Baked Beans.

GLUTEN FREE ON REQUEST

EGGS BENNY ^{1,3,7}

Classic Free Range Poached Eggs on a Toasted English Muffin, Cronin's Smoked Streaky Bacon, drizzled with our Homemade Hollandaise Sauce.

GUINNESS BY THE SEA ^{1,3,4,7}

Homemade Toasted Guinness & Treacle Brown Bread, Star Seafood's Smoked Salmon, topped with Creamy Free Range Scrambled Eggs.

MANUEL'S OMELETTE ³

Free Range Omelette with Diced Tomato, Red Onion & Carrigaline Cheddar Cheese. Garnished with Fresh Chives from the Chef's Garden.

HERBIVORE BREAKFAST ^{1,3}

Toasted Sourdough topped with Guacamole, Huevo Rancheros Mix & Poached Eggs.

NOT SO MEATY

Rosscarbery Vegan Sausages, Chestnut Mushrooms, Roasted Cherry Vine Tomatoes & 5 Bean Hotpot.

A BIT OF CRUMPET ^{1,3,7,8}

Buttermilk Crumpets served with Maple Syrup, & a choice of Cronin's Smoked Streaky Bacon, Nutella, or Fresh Fruit.

FRENCH FANCY ^{1,3,7,8}

Tiger Vienna Bread, drenched in our French Toast Mix, cooked until golden brown served with Maple Syrup, & a choice of Cronin's Smoked Streaky Bacon, Nutella, or Fresh Fruit.

THE BAY *Bistro*

JUICES & SMOOTHIES ⁷

Orange, Apple, Cranberry, Smoothie of the Day.

ROBERT ROBERTS TEA & COFFEE

Vivaldi Coffee Beans. Selection of Teas - Breakfast, Green, Mint, Camomile, Earl Grey, Rooibos & Decaf.

CEREALS ^{1,5,8}

Rice Krispies, Granola, Weetabix, Coco Pops, Gluten-Free Cornflakes.
Please ask your server should you like some Porridge.

NUTS, SEEDS & DRIED FRUIT ^{5,8,14}

Banana Chips, Dried Apricots, Raisins, Almonds, Hazelnuts, Pecans, Pumpkin Seeds.

FRUITS & YOGHURTS ⁷

Fruit & Natural Yoghurt, Fresh Fruit Salad & Selection of other Fruits.

BREADS & PASTRIES ^{1,3,7,12}

A varied selection of Vienna Bread, Brown Bread, Gluten-Free Breads, Homemade Focaccia, Croissants, Muffins, Donuts, Banana Bread, Ginger Cake.

RUSH HOUR COUNTER ^{1,3,7}

Rosscarberry Pork Sausages, Cronin's Smoked Streaky Bacon, Sneem Black Pudding, Free Range Scrambled Eggs, Roasted Cherry Vine Tomatoes, Heinz Baked Beans, Chestnut Mushrooms, Toasted Irish Potato Firls.

DAILY PLATTERS ^{4,7,8,14}

A Daily Spread of Carrigaline Irish Farmhouse Cheddar, Homemade Chutney, Hummus, Crudites, Selection of Home Baked Ham, Salamis, Star Seafood's Smoked Salmon, Homemade Fruit Compote, Chef's Acai Mini Pot.

ALLERGENS

1. Cereals - Gluten - Wheat/Barley 2. Crustaceans 3. Eggs 4. Fish 5. Peanuts 6. Soya & Soy Beans 7. Milk, Dairy containing Lactose
8. Nuts - Hazelnuts 9. Celery 10. Molluscs 11. Mustard 12. Lupine 13. Sesame Seeds 14. Sulphites, Alcohol