

# BREAKFAST

The best part of waking up!

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 9.25

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 1530 kcal

## SMALL IRISH BREAKFAST 4.95

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 557 kcal

## HEARTY VEGGIE BREAKFAST 7.50

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 1091 kcal

## SMALL VEGGIE BREAKFAST 4.95

Vegan sausage, a fried free-range egg, hash brown, Heinz® baked beans, grilled tomato, flat mushroom and your choice of toasted white (+155 kcal) or wholemeal bread (+140 kcal) with butter 433 kcal

## AVOCADO ON TOAST 4.75

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

## FRENCH TOAST 6.75

Topped with maple syrup

Choose a topping:

SMOKED STREAKY BACON 761 kcal

RED FRUITS 616 kcal



### CHEF'S FAVOURITE

## HEARTY IRISH BREAKFAST 7.50

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 1114 kcal

# GO TO brioche baps



Imagine the same hearty, full breakfast you love, but now wrapped up in a toasted brioche linseed bun

## THE WORKS 4.75

Two Irish pork & leek sausages, grilled back bacon and a fried free-range egg 747 kcal

## BACON & EGG BAP 3.75

Grilled back bacon and a fried free-range egg 395 kcal

## SAUSAGE & EGG BAP 3.75

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

## VEGGIE SAUSAGE & EGG BAP 3.75

Two vegan sausages and a fried free-range egg 499 kcal

## Add 2 hash browns 1.00

+189 kcal

## BUT FIRST coffee

	REGULAR	LARGE
AMERICANO	1.95 9 kcal	2.35 10 kcal
CAPPUCCINO	2.35 103 kcal	2.65 136 kcal
LATTE	2.35 108 kcal	2.65 146 kcal
MOCHA	2.35 135 kcal	2.65 153 kcal
TEA	1.95 27 kcal	

## TASTY oats

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

## CREAMY PORRIDGE 2.75

Made with jumbo oats 191 kcal

Choose a topping:

STRAWBERRY JAM +143 kcal

HONEY +182 kcal

Adults need around 2000 kcal a day. 🌱 = made with vegetarian ingredients, 🌿 = 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.