

Open 7 Days from 7 a.m.



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We do Catering!



THE COMPLETE CORPORATE & PRIVATE CATERING SERVICE

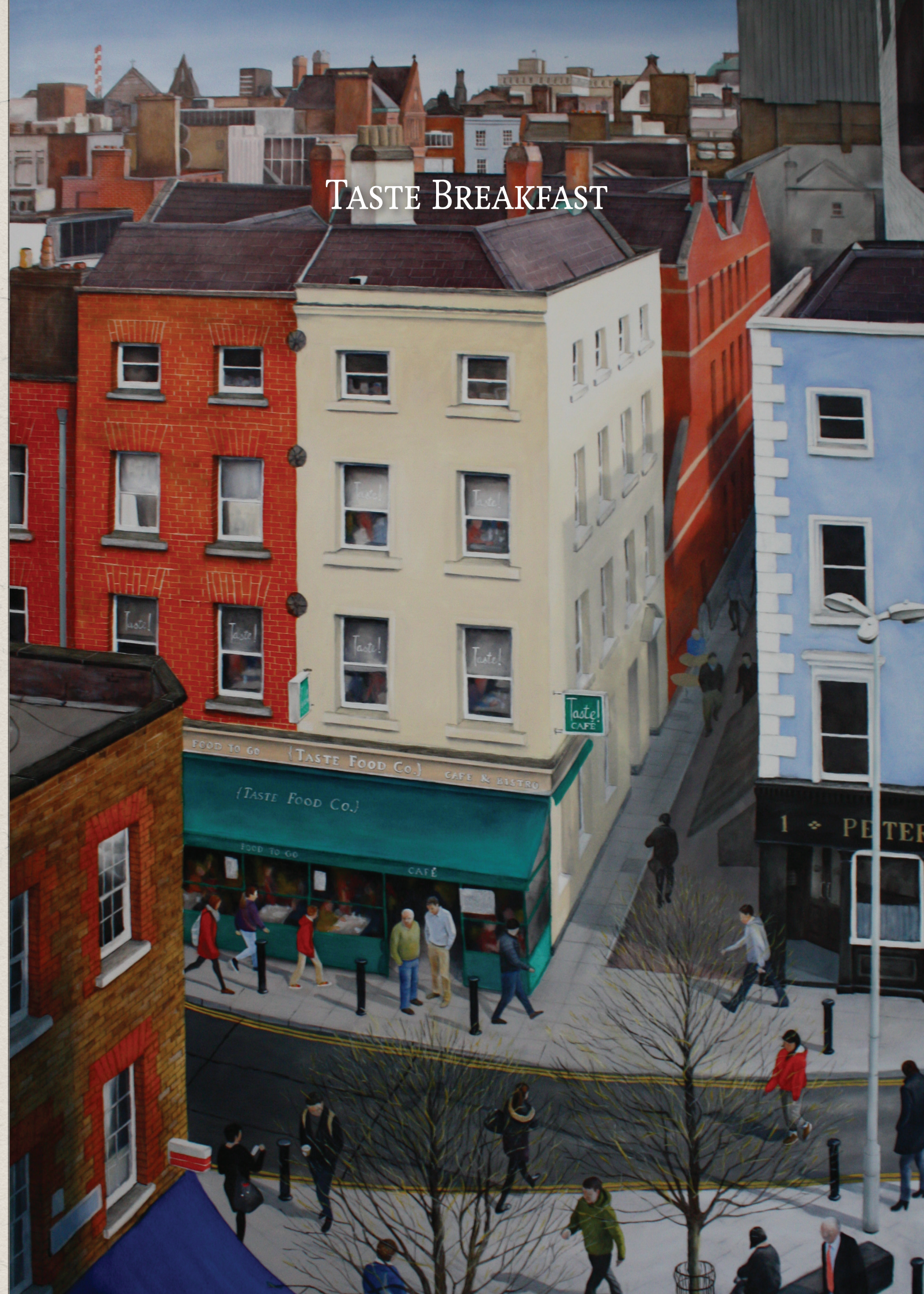
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WIFI PASSWORD

*Tastecafe1*



TASTE BREAKFAST



## FREE RANGE EGGS YOUR WAY

### FREE RANGE EGGS

*Our eggs can be poached, fried or scrambled.*

*For toast choose from from sourdough, rye, brown soda or gluten free bread*

**TWO EGGS & TOAST €7** (1, 7 WHEAT, 10)

**BACON, TWO EGGS & TOAST €8** (1, 7 WHEAT, 10)

### EGGS BENEDICT

*English muffin topped with free range poached eggs,  
and house made hollandaise sauce*

**CLASSIC €12**

*With bacon. (1,3,7 WHEAT, 10)*

**FLORENTINE €12**

*With sautéed spinach. (1,3,7 WHEAT, 10)*

**ROYALE €13**

*With fresh smoked salmon on toasted rye. (1,3,7 WHEAT, 10)*

**IRISH €14**

*With Clonakilty black pudding & bacon. (1,3,7 WHEAT, OATS, 10)*

**DANISH €14**

*With sautéed spinach & smoked salmon. (1,3,7 WHEAT, 10)*

## SMASHED AVOCADO & POACHED EGG SPECIALS

**SMASHED AVOCADO & PEANUT RAYÚ €12**

*With poached free-range eggs on sour dough. (1,7 WHEAT, 11, 14 PEANUTS)*

**SMASHED AVOCADO & PICO DE GALLO €12**

*With poached eggs on rye bread (1, 7 WHEAT, 11)*

**SMASHED AVOCADO & SMOKED CHORIZO €14**

*With poached eggs, peanut rayú, mushroom, sweet potato, guacamole  
& sour dough (1, 3, 6, 7 WHEAT, 10, 11, 14 PEANUTS)*

## HOT BREAKFAST

### FULL BREAKFASTS

**TASTE FULL BREAKFAST €10**

*Sausage, bacon, beans, mushroom,  
Clonakilty black pudding, free range egg & toast. (1,7 WHEAT, OATS, 10)*

**MEGA BREAKFAST €12**

*Two Sausages, two bacon, free range egg, mushroom, Clonakilty black  
pudding, beans, hand cut potato wedges and toast. (1,7 WHEAT, OATS, 10)*

**GLUTEN FREE FULL €10 OR MEGA €12**

*Clonakilty gluten free sausages, loughnane's gluten free black pudding  
& gluten free multi seed bread. Please note \*These may take a little  
longer as they need to be cooked separately (1, 6, 10, 11)*

### TASTE BREAKFAST CROQUES

*All served on sour dough with tomato relish, cheddar & mornay sauce.*

**CROQUE MONSIEUR €8**

*With sausage & bacon. (3, 7 WHEAT, 8, 10)*

**CROQUE MADAME €9**

*With sausage, bacon & fried egg. (1, 3, 7 WHEAT, 8, 10)*

## BAKERY

### FRESHLY BAKED TODAY

*All items from the bakery are served with butter and organic  
marmalade or jam of choice.*

**TOAST €2.50**

*Choose from sourdough, brown soda, rye or gluten free  
Strawberry jam, raspberry or marmalade (3, 7 WHEAT, 11)*

**SCONES**

*Raspberry, fruit or porridge scone with butter & jam €3  
Raspberry scone with berry compote & clotted cream €4*

**FRESHLY BAKED**

*Croissants or pain au chocolate €2.50*

*Gluten free chocolate muffin €2.95*

## HOT BREAKFAST

### VEGETARIAN OR VEGAN

**VEGETARIAN BREAKFAST €12**

*Toonsbridge haloumi, mushroom, sweet potato with cashew crunch,  
guacamole, spinach, tomato, moroccan spiced butterbeans, free range  
egg & toast  
(1, 3, 5 CASHEW, 7 WHEAT, 9,10)*

**VEGAN SPECIAL €12**

*Portobello mushrooms & peanut rayu on chewy sour dough with  
spinach, guacamole, sweet potato & slow roast tomato.  
(7 WHEAT, 11, 14 PEANUTS)*

### PANCAKES OR FRENCH TOAST

*Served with a condiment box with organic maple syrup, Nutella, salted  
caramel and dark chocolate. (1, 3, 5 HAZELNUTS, 7 WHEAT, 10)*

**PANCAKES €7 / WITH BACON**

**OR BERRY COMPOTÉ & CLOTTED CREAM €9**

**FRENCH TOAST €8 / WITH BACON**

**OR BERRY COMPOTÉ & CLOTTED CREAM €10**

## JUICES & SMOOTHIES

**FRESHLY SQUEEZED JUICE €3**

*Choose from orange or Pressed apple juice*

**FRESHLY MADE SMOOTHIES €4.50**

*Very berry or try our dairy free Raspberry smoothie.*

**CLEAN & GREEN €5**

*Mint, cucumber, spinach, apple, avocado, water & lemon juice*

## HEALTHY BOWLS

### FRESH FRUIT BOWLS

**FRESH FRUIT AND BERRY SELECTION €7**

*Served with low fat yoghurt (3) & berry compote (on the side)  
Honey & cantaloupe melon, grapes, pineapple, satsumas, strawberries,  
blackberries & blueberries  
Add a small jug of smoothie €1.50*

### ACAI BOWLS

**HIGH IN ANTIOXIDANTS -BLENDED FROM FROZEN**

**MORNING BOWL €10**

*Base: Acai, raspberry, banana & orange juice  
Topping : Granola, honey & cantaloupe melon, grapes,  
pineapple pieces. ( 7 OATS)*

**BERRY & SUPER SEED BOWL €12**

*Base: Acai, raspberry, banana & orange juice  
Topping : Strawberry, blueberry, raspberry, sunflower, linseed, sesame  
& pumpkin seeds. (11)*

### PORRIDGE & BREAKFAST BOWLS

**ORGANIC PORRIDGE €5** (3, 7 OATS)

*With oat, almond or soya milk €5.50  
(Please note this may take a little longer)*

**SUPER PORRIDGE & BERRY COMPOTE €6.50**

*(3,5 pecans, 7 oats, 11)  
Mixed berries, topped with porridge & tastes crunchy granola*

**HOUSE MADE GRANOLA €5** (5 pecan, 7 oats, 11)

*With cows, oat, almond or soya milk  
Add mixed berries, low fat yoghurt (3) & berry compote €2.50*

*\*Porridge served with a condiment box with honey, cinnamon sugar &  
maple syrup*

### EXTRAS - ADD TO ANY HOT MAIN ORDER - NOT SOLD INDIVIDUALLY

#### ADD EXTRAS €1.50

**SAUSAGE / BACON / BEANS /  
EGG / FLAT MUSHROOM / SLOW  
ROASTED PLUM TOMATO /  
BLACK PUDDING**

#### ADD EXTRAS €2.50

**SAUTÉED SPINACH, SCRAMBLED  
EGG, MOROCCAN BUTTERBEANS,  
SMOKED CHORIZO  
DIPS: GUACAMOLE, PEANUT  
RAYU (SPICY)  
& CASHEW CRUNCH**

#### ADD EXTRAS €4-6

**HAND CUT POTATO WEDGES  
€4  
WITH SMOKED CHORIZO €6  
ROAST SWEET POTATO €5/  
WITH CASHEW CRUNCH OR  
PEANUT RAYÚ €6**

## ALLERGEN KEY

**PLEASE NOTE THAT WHILST WE TAKE EVERY CARE WE RUN A VERY BUSY KITCHEN WITH MANY MANY PRODUCTS  
SO WE CANNOT GUARANTEE THE ABSENCE OF AN ALLERGEN FROM ANY DISH ORDERED.**

- |                                 |                                      |                                     |                 |
|---------------------------------|--------------------------------------|-------------------------------------|-----------------|
| 1. Egg & Products thereof       | 6. Soybeans & Products thereof       | 11. Sesame Seeds & Products thereof | PLEASE NOTE OF  |
| 2. Fish & Products thereof      | 7. Wheat (gluten) & Products thereof | 12. Lupin & Products thereof        | OUR BREADS ONLY |
| 3. Dairy & Products thereof     | 8. Mustard & Products thereof        | 13. Molluscs & Products thereof     | BROWN SODA      |
| 4. Shellfish & Products thereof | 9. Celery & Products thereof         | 14. Peanuts & Products thereof      | CONTAINS DAIRY  |
| 5. Nuts & Products thereof      | 10. Sulphites                        |                                     |                 |