

# The Pantry Cafe

Passionate about Food!

## Breakfast Menu

<b>Bakery Breakfast</b>	€2.30
Buttermilk Fruit / Sweet / Brown Scones, Brown Health Loaf, Soda and Toast	
<b>Scrumptious Flakey Sausage Roll</b>	€2.50
Una's Sausage Meat with Fresh Sage wrapped in a Flakey Pastry	
<b>Pantry's Homemade Granola</b>	€4.80
Served with Fruit Compote and Yogurt	
<b>Flahavan's Porridge</b>	€3.80
Made with Half-Fat Milk and Honey	
<b>Brioche French Toast</b>	€4.80
Served with Maple Syrup	
<b>Bacon Butty</b>	€4.80
Toasted with Pantry Relish	

## Kick Start Breakfast *served from 8.15 - 11.30am*

All Kick Start Breakfasts include  
toast or brown bread and hot beverage

<b>The Works</b>	€8.95
Crowe's Bacon, Una's Sausages, Clonakilty Black Pudding, Fried Egg, Fried Potatoes and Buttery Mushrooms with Thyme	
<b>The Mini</b>	€7.95
Fried Egg, Crowe's Bacon, Una's Sausage and Clonakilty Black Pudding	
<b>Eggs</b>	€6.95
Poached or Scrambled served with Toast and Hot Beverage of your choice	
<b>Grainne's Healthy Breakfast</b>	€8.95
A) Crowe's Grilled Bacon, Grilled Tomato, 2 Poached Eggs and Baked Beans B) Scrambled Eggs (contains 3 eggs) with Daly's Smoked Salmon and Fresh Herbs C) 3 Egg Omelette with Cheese, Tomato, Mushroom, Onion & Fresh Herbs)	
<b>Veggie Sunrise</b>	€8.95
Scrambled Eggs, Grilled Tomato, Buttery Mushrooms with Thyme, Fried Potatoes	
<b>Buttermilk Pancakes</b>	€8.95
with Crispy Bacon and Maple Syrup	

## Side Orders

<b>Dalys's Smoked Salmon</b>	€2.50
<b>Crowe's Grilled Bacon</b>	€2.00
<b>Una Dwyer Sausage</b>	€1.70
<b>Clonakilty Black Pudding</b>	€1.70



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## Juices

- Morning Boost** Orange, Apple, Pineapple €3.45  
**Bug Lightyear** Orange, Apple, Ginger, Lime  
**Karmine Fresh Apple Juice** €2.50

## Smoothies

- Strawberry Gold** €3.95  
Strawberry, Banana, Low-Fat Yogurt, Fresh OJ....Tipperary Honey Option
- Ruby Raspberry**  
Raspberry, Banana, Low-Fat Yogurt, Fresh OJ....Tipperary Honey Option
- Berry Fusion**  
Blackberry, Blueberry, Raspberry, Blackcurrant, Redcurrant, Strawberry, Banana, Fresh OJ & Natural Yogurt....Tipperary Honey Option
- Skinny Cow**  
Organic Yogurt, Muesli, Banana, Low Fat Milk & Tipperary Honey
- Truly Scrumptious**  
Pineapple, Banana, Fresh OJ, Lime Juice, Low-Fat Yogurt....Coconut Option

## Coffees

- Italian Espresso** €2.40  
A short intensely flavoured coffee to kick-start a great day
- Cappuccino** €2.70  
A chance for your favourite barista to show off
- Americano** €2.40  
Linger over a longer lighter espresso
- Caffe Mocha** €2.85  
French chocolate conspires with Italian coffee to seduce your palate
- Viennese Cappuccino** €2.85  
We take the decadence of Caffe Mocha and cap it with cream
- Caffe Latte** €2.70  
An Irish Italian marriage made in heaven
- Apres Ski (Hot Chocolate)** €2.85  
A hot alpine chocolate laced with a subtle hint of hazelnut

## Teas

- House Tea (Tea Bag)** €1.70
- Speciality Teas (Loose Tea Leaves)** €2.30  
Earl Grey Blue, China Yunnan Green, Butterfly Touch, Cherries in Rum, Zen-Zi, Breakfast Tea