

# The Pantry Cafe

Passionate about Food!

## Breakfast Menu

<b>Bakery Breakfast</b>	€2.50
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>	€5.80
Served with Maple Syrup	
<b>Bacon Butty</b>	€4.80
Toasted with Pantry Relish	

## Kick Start Breakfast served from 8.00-11.30am

**ALL KICK-START BREAKFASTS INCLUDE  
TOAST OR BROWN BREAD AND HOT BEVERAGE**

<b>The Works</b>	€9.95
Crowe's Bacon, Una's Sausages, Clonakilty Black Pudding, Fried Egg, Fried Potatoes and Buttery Mushrooms with Thyme	
<b>The Mini</b>	€8.95
Fried Egg, Crowe's Bacon, Una's Sausage and Clonakilty Black Pudding	
<b>Grainne's Healthy Breakfast</b>	€9.95
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 Omlette with Cheese, Tomato, Mushroom, Onion & Fresh Herbs	
<b>Veggie Sunrise</b>	€9.95
Scrambled Eggs, Grilled Tomato, Buttery Mushrooms with Thyme, Fried Potatoes	
<b>Buttermilk Pancakes</b>	€9.95
with Crispy Bacon and Maple Syrup	

## Side Orders

<b>Daly'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

<b>Morning Boost</b>	Orange, Apple, Pineapple	€3.50
<b>Bug Lightyear</b>	Orange, Apple, Ginger, Lime	
<b>Karmine Fresh Apple Juice</b>		€2.50

## Smoothies

€3.95

<b>Strawberry Gold</b>	Strawberry, Banana, Low-Fat Yogurt, Fresh OJ ... Tipperary Honey Option	
<b>Ruby Raspberry</b>	Raspberry, Banana, Low-Fat Yogurt, Fresh OJ ... Tipperary Honey Option	
<b>Berry Fusion</b>	Blackberry, Blueberry, Raspberry, Blackcurrant, Redcurrant, Strawberry, Banana, Fresh OJ & Natural Yogurt ... Tipperary Honey Option	
<b>Skinny Cow</b>	Organic Yogurt, Muesli, Banana, Low Fat Milk & Tipperary Honey	
<b>Truly Scrumptous</b>	Pineapple, Banana, Fresh OJ, Lime Juice, Low-Fat Yogurt ... Coconut Option	

## Coffees

<b>Italian Espresso</b>	A short intensely flavoured coffee to kick-start a great day	€2.40
<b>Cappuccino</b>	A chance for your favourite barista to show off	€2.70
<b>Americano</b>	Linger over a longer lighter espresso	€2.40
<b>Caffe Mocha</b>	French chocolate conspires with Italian coffee to seduce your palate	€2.90
<b>Viennese Cappuccino</b>	We take the decadence of Caffe Mocha & cap it with cream	€2.90
<b>Caffe Latte</b>	An Irish Italian marriage made in heaven	€2.70
<b>Apres Ski (Hot Chocolate)</b>	A hot alpine chocolate, laced with a subtle hint of hazelnut	€2.90

## Teas

<b>House Tea</b> (Tea Bag)	€1.90
<b>Speciality Teas</b> (Loose Tea Leaves)	€2.30
Earl Grey Blue, China Yunnan Green, Butterfly Touch, Cherries in Rum, Zen-Zi, Breakfast Tea	