

The Pantry café

Passionate About Food

Find us on Social Media @ThePantryCafeNenagh

Kick Start Breakfast

Served from 8.00 - 11.30am

All breakfasts include Toast or Brown Bread and a Hot Beverage

The Works €10.50

Crowe's Bacon, Una's Sausages, Clonakilty Black Pudding, Fried Egg, Fried Potatoes & Buttery Mushrooms with Thyme

The Mini €9.50

Crowe's Bacon, Una's Sausage, Clonakilty Black Pudding & Fried Egg

Healthy Options €10.50

- a) Smashed Avocado & Feta with Poached Eggs & Balsamic Glaze served on grilled Sourdough Bread
- b) Scrambled Eggs (contains 3 eggs), Daly's Smoked Salmon & Fresh Herbs
- c) 3 Egg Omelette with Cheese, Tomato, Mushroom, Onion & Fresh Herbs

Veggie Sunrise €10.50

Scrambled Egg, Grilled Tomato, Buttery Mushrooms with Thyme & Fried Potato

Buttermilk Pancakes €10.50

Crispy Bacon & Maple Syrup or Fruit Compote & Greek Yogurt

Bakery Breakfast €2.70

Buttermilk Fruit / Sweet / Brown Scones, Brown Health Loaf, Soda & Toast

Scrumptious Flaky Sausage Roll €2.80

Una's Sausage Meat with Fresh sage wrapped in a Flaky Pastry

The Pantry's Homemade Granola €5.00

Served with Fruit Compote & Yogurt

Flahavan's Porridge €4.00

Made with Half-Fat Milk & Honey

Brioche French Toast €6.00

Served with Maple Syrup

Bacon Butty €5.00

Toasted with Pantry Relish

Side Orders

Daly's Smoked Salmon	€2.80
Crowe's Grilled Bacon	€2.30
Una Dwyer Sausage	€2.00
Clonakilty Black Pudding	€2.00

Juices €4.00

Morning Boost - Orange, Apple, Pineapple

Bug Lightyear - Orange, Apple, Ginger, Lime

Karmine Fresh Apple Juice €3.00

Smoothies €4.00

Strawberry Gold - Strawberry, Banana, Low-Fat Yogurt, Fresh OJ*

Ruby Raspberry - Raspberry, Banana, Low-Fat Yogurt, Fresh OJ*

Berry Fusion - Blackberry, Blueberry, Raspberry, Blackcurrant, Redcurrant, Strawberry, Banana, Low-Fat Yogurt, Fresh OJ*

Skinny Cow - Organic Yogurt, Muesli, Banana, Low-Fat Milk, Tipperary Honey

Ask about our Protein Shakes

*Tipperary Honey Option

Coffees

Italian Espresso €2.60

A shot of intensely flavoured coffee

Cappuccino €2.90

A chance for your favourite barista to show off

Americano €2.60

Linger over a longer lighter espresso

Café Mocha €3.00

French chocolate conspires with Italian coffee to seduce your palate

Viennese Cappuccino €3.00

We take the decadence of Café Mocha & cap it with cream

Café Latte €2.90

An Irish Italian marriage made in heaven

Apres Ski - (Hot Chocolate) €3.00

A hot alpine chocolate, laced with a subtle hint of hazelnut

Teas

House Tea €2.10

(Tea Bag)

Speciality Teas €2.50

(Loose Tea Leaves)

Earl Grey Blue, China Yunnan Green, Butterfly Touch, Cherries in Rum, Zen-Zi, Breakfast Tea

Origins - We use the Freshest Ingredients & Support Local Fish - Daly's, Cahersiveen, Kerry Cheese - sourced in Tipperary

Bacon - Crowe's Farm, Dundrum, Tipperary

Sausages & Sausage Meat - Una Dwyer, Tipperary

Sourdough Bread - Crafted Crust, Toomevara, Tipperary