

# Breakfast Menu

Served from 9.00am to 11.30am

All breakfast options include tea, coffee or breakfast juice. Add cappuccino or latte for €1.60

## Hot Breakfast

### Hayes Full Irish €14.95

2 sausages, 2 bacon 1 egg, Una O Dwyer's black & white pudding, potato cubes, mushrooms, beans and grilled tomato with toast Add sourdough toast for €1.50

(2b,3,8,9,14)

### Black Pudding Eggs Benedict €14.95

Toasted breakfast muffin topped with 2 poached eggs, Una O' Dwyer black pudding, maple bacon crumbs & hollandaise sauce

(2b,8,9,11,14)

### Hayes Veggie Breakfast €12.00

Scrambled egg, mushrooms, potato cubes, tomato & beans with toast

Add sourdough toast instead normal toast for €1.50

(2,3,5,6,9,11,14)

### Hayes Mini Breakfast €13.00

1 sausage, 1 bacon, 1 egg, tomato Una O Dwyer's black & white pudding and grilled tomato

Add sourdough toast instead of normal toast for €1.50

(2b,3,8,9,14)

## Sweet Favorites

### American Style Pancakes €14.95

American style buttermilk pancakes, served with pieces of chocolate brownie & Kinder Bueno, berries & a mix sauce

(2b,3,5,8,9,10b,11,14)

### Hayes French Toast €14.00

3 slices of tiger bread fried in Hayes French toast mix, served with bacon & maple syrup

(2b,3,6,8,9,11,14)

## Kid's Menu

All kid's breakfast options come with a free breakfast juice

### Kids Breakfast €9.50

2 sausage, 1 bacon, egg & toast

(2b,3,8,9,14)

### Kids Pancakes €9.50

with Nutella or maple syrup

(2b,3,5,8,9,10b,11,14)

### Kids Scrambled Egg €9.50

with toast

(2b,14)

## Lean & Loaded

### Hayes Healthy Granola €9.00

5% Greek yogurt, low sugar granola, berries, toasted mix seeds, dried banana and cranberry with honey drizzle

(2a,2b,5,8,9,10,12)

550Kcal | Protein 20g | Carbs 55g | Fat 28g | Fibre 8g

### Protein Pancakes €15.95

With poppy seeds, served with turkey bacon & honey

(2b,3,5,8,9,11,14)

700Kcal | Protein 45g | Carbs 65g | Fat 30g | Fibre 8g

### Poached Eggs €13.50

2 poached eggs on sourdough toast, bacon medallions, sprinkle of parmesan cheese & chopped chives with chilli jam on the side

Add avocado €2.50

(2b,8,9,11,14)

500Kcal | Protein 30g | Carbs 30g | Fat 28g | Fibre 2g

### Shakshuka €14.95

2 eggs gently poached in a rich spiced tomato and roasted red pepper sauce, topped with crumbled Feta cheese, lime yogurt and fresh coriander. Served with Sourdough toast

(2b,3,4,8,9,11,14)

650Kcal | Protein 28g | Carbs 45g | Fat 38g | Fibre 8g

## Tea & Coffee

### Irish Breakfast Tea €3.10

### Herbal Tea €3.70

### Decaf Coffee €3.50

### Americano €3.60

### Cappuccino €3.90

### Latte €3.90

### Flat White €3.70

### Espresso €3.30

### Double Espresso €3.60

### Hot Chocolate €4.50

### Breakfast Juice €3.20

### Add Syrup €0.50

Caramel, Vanilla, Hazelnut, Salted caramel, Sugar Free Caramel, Sugar Free Vanilla

### Freshly Baked Scones €4.00

Plain, fruit or brown.

Baked fresh every morning.

Served with jam, butter & fresh cream