

RISE AND DINE

*Breakfast*



# Breakfast

## THE BEST PART OF WAKING UP

Whether you want your breakfast fried, French or veggie – we got you. Start your day in the best way possible with a tasty breakfast.

### THE MEGA IRISH BREAKFAST

Three Irish pork & leek sausages, three rashers of grilled back bacon, three fried free-range eggs and three hash browns with Heinz® baked beans, grilled tomato, two flat mushrooms and your choice of toasted white (+361 kcal) or wholemeal bloomer bread (+331 kcal) with butter 1491 kcal

### HEARTY IRISH BREAKFAST

Two Irish pork & leek sausages, two rashers of grilled back bacon, two fried free-range eggs, two hash browns, Heinz® baked beans, grilled tomato, two flat mushrooms and your choice of toasted white (+361 kcal) or wholemeal bloomer bread (+331 kcal) with butter 1054 kcal

### SMALL IRISH BREAKFAST

Irish pork & leek sausage, a fried free-range egg, grilled back bacon, hash brown, Heinz® baked beans, grilled tomato, flat mushroom and your choice of toasted white (+207 kcal) or wholemeal bloomer bread (+191 kcal) with butter 527 kcal

### HEARTY VEGGIE BREAKFAST **V**

Three vegan sausages, three fried free-range eggs, three hash browns, Heinz® baked beans, grilled tomato, two flat mushrooms and your choice of toasted white (+361 kcal) or wholemeal bread (+331 kcal) with butter 988 kcal

### SMALL VEGGIE BREAKFAST **V**

Vegan sausage, a fried free-range egg, hash brown, Heinz® baked beans, grilled tomato, a flat mushroom and your choice of toasted white (+207 kcal) or wholemeal bread (+191 kcal) with butter 382 kcal

### AVOCADO ON TOAST **VE**

Toasted muffin with spiced avocado, flat mushroom and cherry tomatoes 329 kcal

### FRENCH TOAST

Topped with maple syrup

#### CHOOSE A TOPPING:

SMOKED STREAKY BACON 761 kcal **OR**, RED FRUITS **V** 612 kcal

## THE NO-BRAINER BREAKFAST BAP!

Served in a toasted brioche-style linseed bun.

### THE WORKS

Two Irish pork & leek sausages, grilled back bacon and a fried free-range egg 790 kcal

### BACON & EGG BAP

Grilled back bacon and a fried free-range egg 437 kcal

### SAUSAGE & EGG BAP

Two Irish pork & leek sausages and a fried free-range egg 639 kcal

### VEGGIE SAUSAGE & EGG BAP **V**

Two vegan sausages and a fried free-range egg 605 kcal

ADD 2

hash browns

+189 kcal

## TASTY OATS

If a fry up ain't for you, perhaps this will do?

### CREAMY PORRIDGE **V**

Made with jumbo oats 191 kcal

#### CHOOSE A TOPPING:

STRAWBERRY JAM +143 kcal

HONEY +182 kcal

## COFFEES FOR *mugs*

	REGULAR	LARGE
AMERICANO	9 kcal	10 kcal
CAPPUCCINO	103 kcal	136 kcal
LATTE	108 kcal	146 kcal
MOCHA	135 kcal	153 kcal
TEA	27 kcal	

Adults need around 2000 kcal a day. **V** = made with vegetarian ingredients. **VE** = made with vegan ingredients, however some of our preparation, cooking and serving methods could affect this. If you require more information, please ask your server.

All our allergen information is available online or via our Glass Onion app. It's easy to filter out dishes containing any of the 14 major allergens and is always kept up to date. Our food and drinks are prepared in food areas where cross contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies or intolerances, or need help accessing our allergen information, please let us know [before](#) ordering. All calories are correct at the time of menu print. Live nutrition information is available online. Prices include VAT at the current rate. Photography for illustration purposes only. All items are subject to availability.