

SOPHIE'S

BREAKFAST MENU

HEALTHY OPTIONS

Crunchy Homemade Granola, Mixed Berries, Killowen Yoghurt, Honey (1, 7, 8) 9.95

Fresh Fruit, Killowen Yoghurt (served on the side) (4) 7.95

Organic Homemade Porridge with either: 8.55
Mixed Berries **or** Coconut Shavings & Caramelised Banana (1F, 4)

THE DEAN SPECIALS

'The Works' Full Irish Breakfast, Toast (1, 4, 7, 13) 16.50

French Toast with a choice of: Mixed Berries & Whipped Cream **or** Caramelised Bananas 14.95
or Chocolate Sauce & Vanilla Ice Cream (1A, 4, 7)

Pancake Stack (Buttermilk **or** Blueberry) with a choice of: Mixed Berries & Whipped Cream 13.95
or Orange Butter & Maple Syrup **or** Caramelized Banana **or** Chocolate Sauce & Vanilla Ice Cream (1A, 4, 7, 10)

Poached Eggs with Hollandaise Sauce on Toasted Buttered Muffins with a choice of: 16.50
Spinach & Smoked Salmon **or** Crispy Bacon **or** Asparagus **or** Prosciutto (1A, 4, 7, 8, 13)

Toasted Breakfast Bagel, Cream Cheese, Avocado, Baby Gem with a choice of: 14.95
Crispy Bacon **or** Smoked Salmon **or** Prosciutto **or** Asparagus (1A, 4, 7, 11, 13)

SIDES

Toast (1A, 4) 2.95
Avocado 3.95
Beans 3.50
Sausage (1A, 13) 3.55
Bacon 3.55
Fruit Bowl 5.50

JUICE & FIZZ

Fresh Orange Juice 3.95
Fresh Apple 3.95
Carrot, Ginger, Apple, Kale 3.95
Mimosa 11
Bellini 11

COFFEE & TEA

Selection of Teas 3
Espresso 2.60
Double Espresso/Americano 3
Cappuccino/Latte/Flat White (4) 3.50

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ALLERGENS: 1: Gluten: A=Wheat, B=Spelt C=Khorasan, D=Rye, E=Barley, F=Oats 2: Peanuts 3: Nuts: A=Almonds, B=Hazelnuts, C=Cashews, D=Pecan Nut, E=Brazil Nuts, F=Pistachio, G=Macademia/Queensland Nuts 4: Milk 5: Crustaceans: A=Crab, B=Lobster, C=Crayfish, D=Shrimp 6: Molluscs 7: Eggs 8: Fish 9: Celery 10: Soy 11: Sesame Seeds 12: Mustard 13: Sulphur Dioxide & Sulphite 14: Lupin
A DISCRETIONARY 12.5% SERVICE CHARGE WILL BE ADDED TO PARTIES OF 6 OR MORE

All products/dishes are stored, prepared and handled in an environment where food allergens are used. We have implemented controls to reduce the risk of cross contamination but cannot guarantee the absence of allergen transfer. Please see the table above outlining the direct allergens used in our products/dishes. Please ask our staff should you have additional queries. All our Beef is Irish sourced.