

# SOPHIE'S

## BREAKFAST MENU

### HEALTHY OPTIONS

**Crunchy Oat Granola**, Melon, Blue Berries, Natural Yoghurt, Seeds (1A,1D,1F,4,11) 10.50

**Paddy Os Porridge**, Berries & Honey (1D,1E,1F,3A,4) 9.50

### THE DEAN SPECIALS

**'The Rebel Works'**, Sausages, Streaky Bacon, Fried Egg, Black & White Pudding, Ballymaloe Relish, Toast (1A,1F,4,7,13) 16.95

**Belgian Waffles**, Berries, Vanilla Whipped Cream, Maple Syrup (1A,4,7) 13.95

**Vegan Oatmeal Milk Pancakes**, Berries, Plant Based Yoghurt, Maple Syrup (1A) 14.95

**Eggs Benedict**, English Muffin, Glazed Ham, Poached Eggs, Hollandaise (1A,5,7,12,13) 14.95

**Ballycotton Smoked Salmon Poached Eggs Royal**, Avocado, Oatmeal Brown Bread, Hollandaise (1A,1F,4,7,8) 14.95

**Grilled Flat Cap Mushrooms**, English Muffin, Avocado Guacamole, Fried Eggs, Seeds, Relish (1A,4,7,11,13) 14.95

**SIDES:** Toast (1A) 2.95, Sausage (1A,13) 3.95,

Streaky Bacon (1A,4,7) 3.95, Egg (7) 2.95

**All Breakfast is served with Fresh Tea \*(2.50) / Coffee \*(3.00)** (\*Tea/ Coffee prices may vary)

**and Orange Juice (3.95)**

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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-Pecans, E-Brazil, F-Pistachio, G-Macedonia, H-Walnut), 4 Milk, 5 Crustaceans (A-Crab, B-Lobster, C-Crayfish, D-Shrimp), 6 Molluscs, 7 Eggs, 8 Fish, 9 Celery, 10 Soya, 11 Sesame Seeds, 12 Mustard, 13 Sulphur dioxide & Sulphites, 14 Lupin

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.

Please ask our staff should you have additional queries.

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