

SOPHIE'S

BREAKFAST MENU

€20.00 Breakfast includes 1 Dish & Tea | Coffee | Orange Juice

THE MAIN EVENT

The Rebel Works

Sophie's Signature Full Irish Breakfast serving Sausages, Streaky Bacon, Potatoes, Tomato, Mushroom, Black & White Pudding and Fried Egg with White Toast (1A,1F,4,7)

The Mini Works

Sophie's Signature Mini Full Irish Breakfast serving Sausage, Streaky Bacon, Black & White Pudding and Fried Egg with White Toast (1A,1F,4,7)

The Green Rebel

Sophie's Classic Veggie Brekkie serving a Fried Egg, Flat Cap Mushroom, Crushed Avocado with Sourdough Bread, Tomatoes, Spinach Fried Potatoes and a serving of Hollandaise (1A,4,7,13)

MEET THE SOPHIE'S SIGNATURE EGGHEADS

The Classy Benny

Eggs Benedict with Honey Glazed Ham on an English Muffin, drizzle of Hollandaise Sauce and topped with Poached Eggs and a Side of Potatoes (1A,4,7,12,13)

The Royal Sophie

Ballycotton Smoked Salmon with Poached Eggs and Crushed Avocado, served with Ballymaloe Relish on a Sourdough Toast (1A,4,7,8,9,13)

The Green Mexicana

A Veggie Inspired Mexican Tortilla with Chilli, Tomatoes, Jalapenos, Avocado, Fried Egg's topped with Seeds (1A,4,7,11)

THE NAUGHTY CORNER

The Pancake and Waffle House ~ Choose your guilty pleasure

Sophie's Signature

Berry Compote & Cream (1A,4,7)

The American Way

Crispy Bacon & Maple Syrup (1A,4,7)

The Cinful

Cinnamon Apple & Dark Chocolate (1A,4,7,10,13)

Choose your Base: Sophie's Pancake or Belgian Waffle - You Decide!!

THE HEALTH BUZZ

Fuel'd Up

House Granola with Natural Yoghurt, Fresh Berry Compote & Mixed Seeds (1A,1D,1F,4,11)

Avo Toast

Sourdough Toast with Avocado, Mixed Seeds & topped with Chilli Flakes (1A,11)

Feelin' Fruity

Fresh Fruit with Yoghurt Pot plus a Cheeky Side of Mini Pastries (1A,4,7,10)

Porridge My Way

Choose your favourite:

The Classic - Organic Porridge (1A,1F,4)

Bee Mine - Honey and Berry Compote (1A,1F,4)

Sweet PB - Cinnamon Apple and Peanut Butter (1A,1F,2,4)

Chocoholic - Strawberries and Dark Chocolate (1A,1F,4,10)

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ALLERGEN: 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-Macedemia, H-Walnut), 4-Milk, 5-Crustaceans (A-Crab, B-Lobster, C-Crayfish, D-Shrimp), 6-Mollusc, 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 used in our products/dishes. All our Beef is Irish sourced. All our Beef is 100% Irish Origin.

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