

SOPHIE'S

BREAKFAST MENU

HEALTHY OPTIONS

Granola, coconut yogurt, granola, fresh fruit, fig and grape compote, basil (1A, 1F, 1D, 4, 10) **15**

Chia bowl, coconut milk, dates, cocoa, brazil nuts, seasonal fruits (3E,10) **15**

Steel cut Irish oatmeal, cinnamon, golden raisins, banana, berries (1F,4) **12**

THE DEAN SPECIALS

Two eggs any style, crispy potatoes, cherry tomato, basil, soda bread

(1A,1F,4,7) **14**

Eggs of your choice (7)

Eggs benedict, ham, poached eggs, hollandaise sauce, crispy potatoes, tomato, basil, English Muffin

(1A,4,7,13) **16**

Eggs Florentine, spinach, poached eggs, hollandaise sauce, crispy potatoes, tomato, basil, English Muffin (1A,4,7,13) **15**

Eggs royale, smoked salmon, poached eggs, hollandaise sauce, crispy potatoes, tomato, basil, English muffin (1A,4,7,8,13) **21**

Irish breakfast, sausage, bacon, white & black pudding, crispy potato, tomato, mushroom, baked beans, sourdough toast

(1A,1E,1F,4,7,10) **21**

Eggs of your choice (7)

Steak and eggs 5oz Sirloin Steak, eggs, crispy potato and cherry tomato

(4,7,13) **26**

Eggs of your choice (7)

Soft scrambled eggs, broccoli, Irish cheddar cheese, dill, soda bread (1A,4,7) **14**

Avocado toast, avocado, soda bread, sunflower seed, chili flakes (1A,4,7) **9**

Add egg of your choice (7) **+3**

Add salmon (8) **+8**

Pancakes, banana whipped cream, maple syrup GF (3A,4,7,13) **17**

French toast, strawberries, maple syrup (1A,4,7) **17**

SIDES

Crispy potato (4) **4**

Bacon **5**

Sausage (1A,12, 13) **5**

White & black pudding (1A,1E,1F,7,10) **4**

Roasted portobello mushroom **4**

Grilled tomato **4**

EARLY MORNING TAKEAWAY OPTIONS

Chia bowl (3E,10) **15**

Porridge (1F,4) **12**

Granola pot (1A, 1F, 1D, 4, 10) **15**

Fresh fruits **2.5**

Orange juice **3.95**

BAKED GOODS

Croissant (1A, 4, 7) **4**

Pain au chocolate (1A, 4, 7, 10) **4**

Almond croissant (1A, 3A, 4, 7) **4**

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, 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.

A DISCRETIONARY 12.5% SERVICE CHARGE WILL BE ADDED TO PARTIES OF 6 OR MORE

SOPHIE'S