

## THE MEADOW MENU

**Breakfast muffin:** bacon, sausage, organic egg, hashbrown, tomato relish, toasted muffin 1, 3, 10 €9.50

**Vegan breakfast muffin (V) :** cauliflower pattie, grilled flat cap mushroom, beef tomato, tomato relish, toasted muffin 1,3,7 €9.00

**Homemade sausage roll:** Irish pork mince, apple and red onion, puff pastry, chia seeds 1, 3, 10 €6

**Overnight oats (V\*):** oat milk, organic oats, Toppings: choice of two, Natural yoghurt, coconut flakes, mixed seeds, goji berries, fresh fruit 1, 7 €5.50

**Muesli/ granola pot (V\*):** Homemade muesli and granola, (full fat milk, oat milk or coconut milk) 1, (7 ,12) €5.50

**Acai bowl (V):** frozen fruit puree, fresh fruit granola, mixed seeds 1,(7,12) €9.50

**Oatmeal pancakes:** organic oat pancake (fresh fruit and cream, or maple syrup and mixed seeds, or banana and Nutella) 3 (1,7) € 9.50

### Toasts:

**Buffalo mozzarella toast:** kale, pesto, smoked almonds, wholemeal sourdough toast 1, 7, €9.50

**Irish smoked salmon toast:** avocado, mascarpone, red onion and capers, wholemeal sourdough toast 1, 4, 7, €12

**Posh beans on toast (V):** haricot, pinto, cannellini, sweet & sticky tomato sauce, farmhouse bread 1, €9

**Buddha bowl with beetroot humus (V):** carrot sticks, mushrooms, spinach, sweetcorn, millet, sweet potato, mixed seeds, balsamic dressing or vegan ranch. €10

### Allergens:

1. Cereals
2. Crustaceans
3. Eggs
4. Fish
5. Peanuts
6. Soybeans
7. Milk
8. Nuts
9. Celery
10. Mustard
11. Sesame Seeds
12. Sulphur Dioxide & Sulphites