



SERVED UNTIL 11.30AM

**Acai Bowl.....€5.90**  
Granola, Fresh Fruit, Chai Seeds (7,8)

**Irish Porridge Oats.....€5.90**  
Honey, Toasted Seeds, Raisins (1,7)  
or with Banana And Peanut Butter (1,5,7)

**Blas Breakfast.....€9.90**  
2 Bacon, 2 Sausages, Mushroom, Grilled Tomato, Black  
& White Pudding, Beans, 2 Eggs Of Your Choice (1,3,7)

**Mini Breakfast.....€8.00**  
1 Bacon, 1 Sausage, Mushroom, Grilled Tomato, Black  
& White Pudding, Beans, 1 Egg Of Your Choice (1,3,7)

**Vegetarian Breakfast.....€8.00**  
Toasted Sourdough With Crushed Avocado, Cherry  
Tomatoes, Mushrooms, Char Grilled Vegetables, Beans,  
Red Onion And Beetroot Relish, Tomato Chutney.  
- Add 2 eggs of your choice (3).....+€2.00

**Breakfast Bap.....€8.00**  
Bacon, Sausage, Fried Egg, Black & White Pudding,  
Red Sauce (1,3) - Add Cheese.....+€0.50

**Pancakes.....€8.90**  
Classic Blas Pancakes With Fresh Berries &  
Crispy Bacon (1,3,7)

**Belgian Waffle.....€8.90**  
Caramelise Pecan, Crispy Bacon, Banana, Fresh Cream,  
With Peanut Butter And Carmel Sauce (1,3,5,6,7,8)

**French Toast.....€8.90**  
On Viennese Baguette - Crispy Bacon, Red Berries  
Compote & Fresh Cream (1,3,7)

**Crushed Avocado.....€7.90**  
Soft Poached Egg, Homemade Brown Bread, Cherry  
Tomato Garnished With Chilli Salt (1,3,7)

**Three Egg Omelette.....€8.90**  
Choose 3 Fillings: Bacon/ Onion/ Mushroom/  
Tomato/ Goats Cheese/ Spinach/ Grated Cheese (3,7)



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