

# Breakfast at Blas

8am - 11.30am

## Cereal

Weetabix / Cornflakes / Rice Krispies (1)

## Greek Style Yoghurt Bowl €8.95

Granola, chia seeds, seasonal fruits,  
red fruit syrup and honey (1,7)

## Irish Porridge Oats €8.95 (1,7)

Choice of: fresh berries and honey

or

Raisins, toasted pumpkin seeds and honey

## Blas Breakfast €12.95

2 bacon, 2 sausages, mushroom,  
grilled tomato, black & white pudding,  
baked beans, 2 eggs of your choice (1,3,6,7,12)

## Mini Breakfast €10.95

1 bacon, 1 sausage, mushroom, grilled tomato,  
black & white pudding, baked beans, 1 egg of your choice (1,3,6,7,12)

## Vegetarian Breakfast €10.95

Toasted sourdough bread with crushed avocado, vegan bulgar pattie,  
cherry tomatoes, mushrooms, chargrilled vegetables,  
red onion relish, tomato chutney (1,3,6,12)

Add 2 Eggs of your choice €2.00

*Blas/Mini/Vegetarian Breakfast comes with toast and tea or filter coffee.*

(Add any additional item for just €0.90 each)

## Classic Blas Pancakes €11.95

Red berries, Dulce de Leche mascarpone, crispy bacon,  
maple flavoured syrup, Atsina cress (1,3,7)

## Lemon Curd Pancakes €10.95

Classic pancake served with lemon curd, fresh raspberries,  
fresh cream and raspberry coulis (1,3,7)

## Crushed Avocado €11.95

Served on sourdough bread, soft poached eggs,  
baked cherry tomatoes, coriander cress, finished with cracked chilli salt,  
served with a side of bacon and sweet chilli and tomato relish (1,3,12)

## French Toast €11.95

On Viennese baguette, crispy bacon, fresh berries,  
seasonal fruit compote, Dulce de Leche mascarpone,  
maple flavoured syrup (1,3,7)



Gluten free  
available on request

**ALLERGEN INFORMATION: 1 Cereals, 2 Crustaceans, 3 Eggs, 4 Fish,**  
**5 Peanuts, 6 Soybean, 7 Milk, 8 Nuts, 9 Celery, 10 Mustard,**  
**11 Sesame, 12 Sulphur Dioxide, 13 Lupin, 14 Molluscs.**



Vegan  
available on request

### **Blas Platter €14.00**

*Choose two of the following:*

Greek style yoghurt, porridge (choose toppings),  
classic Blas/lemon curd pancakes,  
French toast, crushed avocado, Eggs Benedict

### **Eggs Benedict €10.95**

Toasted sourdough bread, slow cooked ham hocks,  
spinach, soft poached eggs, hollandaise sauce (1,3,7,9,12)

### **Three Eggs Omelette €10.95**

*Choose 3 fillings: (3,7,9,12)*

Bacon/ham/onion/mushroom/grated cheese/  
tomato/goat cheese/spinach

(Additional fillings €0.90 each)

## *Kiddie Breakfast*

**€6.50**

### **Kiddie Fry**

1 sausage, 1 bacon, baked beans, 1 egg of your choice (1,3)

### **Buttermilk Pancakes**

Maple syrup/Nutella and fresh berries (1,3,7,8)  
Add crispy bacon €0.90

### **Kiddie French Toast**

Fresh berries and Nutella/maple syrup (1,3,7,8)  
Add crispy bacon €0.90

### **Breakfast Sandwich**

Bacon or sausage, butter and red sauce (1,3,6,7)



Gluten free  
available on request

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**11 Sesame, 12 Sulphur Dioxide, 13 Lupin, 14 Molluscs.**



Vegan  
available on request