

# Breakfast at Blas

8am - 11.30am

## Cereal €4.00

Weetabix / Cornflakes / Rice Krispies (1)

## Greek Style Yoghurt Bowl €11.95

Granola, chia seeds, seasonal fruits and honey (1,3,7)

## Irish Porridge Oats €10.95

Choice of: fresh berries and honey (1,7) **or** stewed apples and cinnamon (1,7)

## \* Blas Breakfast €16.95

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

## Mini Breakfast €14.95

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

## Vegetarian Breakfast €14.95

Toasted sourdough bread with crushed avocado,  
Moroccan falafel, roasted baby potatoes, mushrooms,  
Mediterranean roasted vegetables, tomato chutney (1,3,6,7,12)

Add 2 Eggs of your choice €2.00

Add any additional item for just €2.00 each

Add boxty potato pancake €4.00

## Classic Blas Buttermilk Pancakes €14.95

Topped with strawberries, blueberries and raspberries,  
crispy bacon, Dulce de Leche mascarpone,  
maple flavoured syrup (1,3,6,7)

## Crushed Avocado €14.95

Served on crispy baguette, soft poached eggs, roasted cherry tomatoes,  
tomato and onion salsa, coriander cress, beetroot hummus,  
crumbled feta finished with cracked chilli salt (1,3,7)

## French Toast €14.95

On brioche, crispy bacon, fresh berries, seasonal  
fruit compote, Dulce de Leche mascarpone,  
maple flavoured syrup (1,3,6,7)

All beef 100% Irish.

100% tips are shared by team. No split bills, one bill per table.



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

# Breakfast at Blas

8am - 11.30am

## Blas Platter €16.95

*Choose two of the following.*

Porridge, Greek Yoghurt Bowl, Classic Blas Pancakes,  
French Toast, Crushed Avocado, Blas Boxty, Blas Eggs Benedict

## Blas Boxty (traditional potato pancake) €14.95

Potato pancake topped with soft poached eggs,  
crispy streaky bacon, black pudding, served with a smoked  
bacon and onion jam, and chipotle hollandaise (1,3,6,7,12)

## Blas Eggs Benedict €14.95

Crispy baguette with soft poached eggs, bacon  
wilted spinach, topped with chipotle hollandaise (1,3,7)

## Three Eggs Omelette €14.95

*Choose 3 fillings: (3,6,7)*

Bacon/onion/mushroom/grated cheese/tomato/goat's cheese/spinach  
(Add any additional item for just €1.50 each)

# Kiddie Breakfast

€8.00

(Children u-14)

## Kiddie Fry

1 sausage, 1 bacon, baked beans,  
1 egg of your choice (1,3,6,7)

## Kiddie Pancake

Maple syrup/Nutella and fresh berries  
with crispy bacon (1,3,6,7,8)

## Kiddie French Toast

Fresh berries and Nutella/maple syrup  
with crispy bacon (1,3,6,7,8)

## Breakfast Sandwich

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

**All beef 100% Irish.**

**100% of tips go to our team. No split bills please.**



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