

Welcome to



OPEN 7 DAYS

BREAKFAST

8am - 11.30am

LUNCH

12pm - 5pm



Follow us on Instagram and Facebook



@blasatthegateway

Email: blasrestaurant4@gmail.com

ALL OUR DISHES ARE AVAILABLE FOR TAKEAWAY

Phone your order ahead

Tel: 074 97 23011

All tips are divided amongst all staff

Breakfast at Blas

8am - 11.30am

Cereal

Weetabix / Cornflakes / Rice Krispies (1)

Greek Style Yoghurt Bowl €9.95

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

Irish Porridge Oats €7.95 (1,7)

Choice of: fresh berries and honey
or
Raisins, toasted pumpkin seeds and honey

* Blas Breakfast €13.95

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

* Mini Breakfast €11.95

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

* Vegetarian Breakfast €11.95

Toasted sourdough bread with crushed avocado, vegan bulgar pattie,
cherry tomatoes, mushrooms, chargrilled vegetables,
red onion relish, tomato chutney (1,3,11,12)

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 €1.00 each)

Classic Blas Pancakes €12.95

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

Lemon Curd Pancakes €12.95

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

Crushed Avocado €12.95

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)

French Toast €12.95

On brioche 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

Breakfast at Blas

8am - 11.30am

Blas Platter €13.95

Choose two of the following:

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

Eggs Benedict €11.95

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

Three Eggs Omelette €11.95

Choose 3 fillings: (3,7)

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

(Additional fillings €1.00 each)

Kiddie Breakfast

€6.95

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)

Add crispy bacon €1.00

Kiddie French Toast

Fresh berries and Nutella/maple syrup (1,3,7)

Add crispy bacon €1.00

Breakfast Sandwich

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



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Lunch at Blas

12pm - 5pm

Small Bites

Killybegs Fish Cakes €13.95

Served on dill velouté sauce, pickled vegetables and Blas side salad (1,3,4,7)

Warm Goats Cheese Tartlet €12.95

Served in a flaky pastry, red onion marmalade, poached pears, sprinkled with crushed hazelnuts, Blas side salad and a beetroot ketchup served with a side of home-made wheaten bread (1,3,7,8,12)

Calamari and Haddock Tacos €13.95

Served on charred tortillas, red cabbage slaw, crushed avocados, sriracha sauce and coriander cress and Blas side salad (1,3,4,12)

Blas Chowder €12.95

With fresh and smoked fish enhanced with tomato and smoked paprika, served with garlic bread (1,4,7,9,12)

Home-made Soup of the Day €6.95

Served with home-made wheaten bread (1,3,7,9)

Blas Caesar Stuffed Fries €8.95

Slow-cooked ham hock, melted cheese, Caesar and garlic mayo, topped with parmesan and rocket (3,4,7,9,12)

Salads and Sandwiches

"Healthy Bowl" €14.95

Quinoa-bulgur with mint and lemon dressing, roasted butternut squash, 3 beans salad with lime & coriander, pickled red onion, in-house dried tomatoes, chargrilled veg rolls, roasted red pepper hummus, mixed leaves (1,3,7,11,12)

Choose one of the following

- Grilled chicken
- Vegan Patties

Choose one of the following

- * Breaded Brie
- * Warm Goats Cheese

Blas Warm Poke Bowl €15.95

Warm teriyaki glazed salmon, lemon and coriander basmati rice, cherry tomatoes, pickled vegetable spaghetti, sliced avocado and tobacco onions (1,4,6,8,11)

*Ham and Cheese €12.95

Donegal slow cooked ham hock, smoked cheddar, Blas tomato-chilli relish on sourdough bread (1,3,7,12)

* Chicken and Chorizo Focaccia €13.95

Grilled chicken breast, whipped feta and basil, rocket and crushed avocado in freshly baked sun-dried tomato and olive focaccia bread (1,7)

* Vegetarian Focaccia €13.95

Chargrilled aubergine-courgette-red pepper, red onion marmalade, rocket, goats cheese, home-made tomato relish in freshly baked sun-dried tomato and olive focaccia bread (1,7,12)



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Lunch at Blas

12pm - 5pm

* Blas Burrito €13.95

Grilled chicken fillet, madras rice, red cabbage slaw, lettuce, avocado and Blas chipotle spiced mayo(1,3,6,10,11,12)

*** All sandwiches are served with Blas side salad garnish and a choice of soup or regular fries**

Swap regular fries for sweet potato or garlic and parmesan fries for €2.00

Blas Side Salad

Mixed leaves, 3 bean salad, red cabbage slaw, quinoa/bulgar with pickled red onions (10,12)

Large Bites

CLASSIC "Blas" 5oz BURGER €16.95

Lettuce, tomato, tobacco onions (1,3,7,9,10,12)

Choose your toppings:

- Crispy bacon
- Smoked cheese or cheddar cheese
- Mayo, BBQ, red sauce, Blas burger sauce, Blas tomato relish

Breaded Chicken Fillet Burger €16.95

Avocado, rocket and spiced chipotle mayo (1,3,6,10)

* Burgers served on toasted brioche buns with a Blas side salad and fries

Swap regular fries for sweet potato or garlic and parmesan fries for €2.00

Home-made Chicken Goujons €14.95

Served with regular fries, smoked garlic and sweet chilli mayo dip and Blas side salad (1,3,7,12)

Vegan Burger in Granary Bap €15.95

Home-made veggie pattie, pickled vegetables, red cabbage slaw, gem leaves, fresh tomato slices served with Blas side salad (1)

Fresh Pasta Dish €14.95

Smoked chicken and spinach, in a garlic and onion white wine creamy sauce topped with rocket and parmesan (1,3,7,12) (GF available)

Fish Of The Day (Market price)

* please ask your server

Slow Cooked Meat Joint of the Day €18.95

* please ask your server

Open Steak Sandwich €17.95

Irish striploin beef on garlic ciabatta, sautéed mushrooms, topped with crispy tobacco onions, fries and green peppercorn and brandy sauce served with tossed salad (1,7,9,12)



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Lunch at Blas

12pm - 5pm

Sauces

€1.50

Green peppercorn and brandy sauce | red wine gravy | garlic mayo | chipotle mayo | sweet chilli sauce | Blas tomato relish | Blas burger sauce

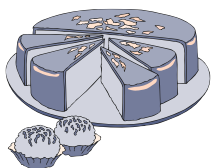
Sides

€3.95

Seasonal vegetables | creamed potatoes | sweet potato fries | Stealth fries | garlic and parmesan fries | Blas side salad | tobacco onions | garlic bread | garlic bread with cheese.

All beef 100% Irish

Desserts



Cookie Dough Skillet €8.95

Kinder bueno or salted caramel flavour (1,3,5,6,7)

Allow 15 minutes

Blas Chocolate Brownie €6.95

Served with fresh cream (3,7)

Almond & Raspberry Tart €6.95

Served with cream or raspberry sorbet (6,8)

Home-made Cheesecake of the Day € 6.95

Check for allergens depending on today's flavour (1,3,7)

Blueberry Muffin €3.95

Served with cream or ice cream (3,7)

Apple Sponge Tray bake €6.95

Topped with toffee sauce, caramelised pecan nuts, served with custard and fresh cream (1,3,7,8)

Freshly Baked Scones €3.95

Choice of Plain or Blueberry Scones (1,3,7) served with butter, jam and fresh cream



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Smoothies

Smoothies €5.95

Strawberry Split

Banana, strawberries and apple juice

Pash and Shoot

Mango, pineapple,
passion fruit with apple juice

Berry Go Round

Strawberries, blackberries and
raspberries with apple juice

Hulk

Broccoli, spinach, pineapple,
mango and banana with apple juice

Soft Drinks

330ml

Coke / Diet Coke / Coke Zero €3.20

Sprite €3.20

Fanta orange €3.20

Appletiser – sparkling apple juice €3.20

Lucozade €3.50

Small sparkling water /still water €3.20

Large sparkling water and still water €4.90

Soda / tonic / slimline tonic / ginger ale €2.30

Apple juice €2.50/€3.00

Orange juice €2.50/€3.00

Tea & Coffee

Americano..... €3.00

Short Americano..... €3.00

Espresso €2.50

Double Espresso €3.00

Flat White/Latte/Cappucino (7)..... €3.30

Chai Latte (7) €3.55

Matcha Latte (7) €3.80

Extra Espresso shot90c

Hot Chocolate (7) €3.80

With marshmallow and cream

White Hot Chocolate (7) €3.80

With marshmallows and cream

SYRUPS (8)60c

Vanilla/Caramel/Hazelnut

Tea €2.50

Herbal Tea €3.00

Peppermint/ Green Tea/ Camomile/ Berry/ Earl Grey

MILK OPTIONS

Full fat/low fat milk

Almond/Soya/Coconut/Oat Milk50c