

SOPHIE'S

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BREAKFAST MENU

HEALTHY OPTIONS

Homemade Granola, Natural Yogurt, Blueberry, Honey (1D, 1E, 1F, 2, 3A, 3B, 3C, 3D, 3E, 3F, 3G, 4, 13) **9.95**

Organic Porridge, Caramelised Bananas, Peanut Butter (1A, 1F, 2, 4) **9.50**

Fruit Salad **5.50**

THE DEAN SPECIALS

"The Works" Full Irish Breakfast, Toast (1A, 1E, 1F, 4, 7, 9, 13) **17.50**

Sophie's Benedict, Slow Cooked Pulled Ham Hock, Poached Egg, Hollandaise Sauce, Sourdough (1A, 4, 7, 9, 12, 13) **16.50**

Smoked Salmon, Asparagus, Poached Egg, Hollandaise Sauce, Sourdough (1A, 4, 7, 8, 9) **17.50**

Beetroot Hummus & Quinoa Tabbouleh on Toasted Sourdough with Avocado, Poached Eggs (1A, 4, 7, 9, 11, 13) **16.00**

French Toast with Crispy Bacon, Canadian Maple Syrup (1A, 3A, 4, 7, 13) **15.95**

Pancake Stack with Hazelnut Cream, Coconut & White Chocolate Sauce (1A, 3A, 3B, 4, 7, 13) **15.95**

Pancake Stack with Crispy Bacon, Canadian Maple Syrup (1A, 3A, 3B, 4, 7, 13) **15.95**

SIDES

JUICES & FIZZ

COFFEES & TEAS

Toast (1A, 4)	2.95	Fresh Orange Juice	3.95	Double Espresso	3.20
Beans	3.50	Fresh Apple	3.95	Americano	3.60
Smoked Streaky Bacon	3.80	Carrot, Ginger, Apple	4.50	Flat White (4)	3.90
Sausages (1A, 13)	3.60	Mimosa	13.00	Latte (4)	4.10
Black & White Pudding (1A, 1F)	3.90	Bellini	13.00	Cappuccino (4)	4.10
Avocado	4.95			Selection of Teas	3.50

ALLERGENS: 1 Gluten (A-Wheat, B-Spelt C-Khorasan, D-Rye, E-Barley F-Oats), 2 Peanuts, 3 Nuts (A-Almonds, B-Hazelnuts, C-Cashews, D-Pecans, E-Brazil, F-Pistachio, G-Macedemia, H-Walnut), 4 Milk, 5 Crustaceans (A-Crab, B-Lobster, C-Crayfish, D-Shrimp), 6 Mollusc, 7 Eggs, 8 Fish, 9 Celery, 10 Soya, 11 Sesame Seeds, 12 Mustard, 13 Sulphur Dioxide & Sulphites, 14 Lupin