



# breakfast menu

085 215 3212 [www.wearecanteen.com](http://www.wearecanteen.com)

## Breakfast Pots

### Simple 'Flahavan's' Organic Porridge Oats 3

Keep it simple with organic oats, cooked in milk

### Porridge with Granola 3.5

Organic porridge topped with crunchy homemade granola and honey

### Aztecs Porridge 3.5

Organic porridge topped with 'Willie's' Cacao, honey & banana



### Super Seed Mix 0.5

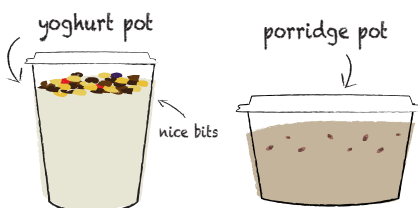
### Mixed Nuts 0.5

### Maple Syrup 0.5

### Raspberries 0.5

### Banana 0.5

### Granola & Aztec Yoghurt Pots available 3.5



## Irish Breakfast

### Real Irish Breakfast 7.95

'Crowe's Farm' sausage, rashers, black and white pudding roulade, 2-hour roast tomato and thyme-roasted field mushrooms, homemade baked beans and fried free range egg, served with 'Wild Onion Bakeshop' bread

### Breakfast Burrito 7

Tomato salsa, avocado and sour cream with 'Crowe's Farm' sausage & rasher served in a tortilla wrap with chilli sauce

### French Toast 7

'Wild Onion Bakeshop' white loaf soaked in milk and egg, fried to perfection and served with crispy bacon and maple syrup

### Huevos Habaneros 7

(hui-vos hab-an-arous)

Cuban styles eggs cooked in a spicy tomato sauce topped grated cacao and parsley served with 'Wild Onion Bakeshop' bread

### Green Eggs and Ham 7

Poached eggs, avocado & chilli sauce with 'Crowe's Farm' bacon served on 'Wild Onion Bakeshop' toast.

**Veggie options available**

## Breakfast Bagels

### Sausage and Bacon 5

'Crowe's Farm' sausage and bacon on Wild Onion Bakeshop bagels with real Irish butter

### Avocado & Bacon Bagel 5

Sliced avocado with crispy 'Crowe's Farm' bacon on a toasted bagel

### Cream Cheese 3.5

Have your 'Wild Onion Bakeshop' bagel with cream cheese

## Egg pots

### Just Eggs 3.5

Three super healthy eggs poached to your liking

### Eggs Avo 4

Two poached eggs served with avocado, chopped tomato and chilli sauce

### Breakfast Pot 4

Two poached eggs served with homemade baked beans and 'Crowe's Farm' bacon

**Real Irish Food  
with Integrity**

**Flahavan's Organic Porridge, Homemade Granola, Crowe's Award  
Winning Outdoor Reared Pork, Wild Onion Bakeshop Real Bagels**