

# Breakfast Menu

Breakfast 8am — 11am



## Hot Breakfast

**J+A Breakfast** — 10.50

Sausage, Bacon, Boxty, Tomato, Mushroom, Clonakilty Black Pudding, + Fried Eggs + Clonakilty White Pudding — 1.00

**Veggie Breakfast (V)** — 8.50

Mushroom, Tomato, Beans, Spinach + Fried Eggs + Boxty — 1.00

**Organic Smoked Salmon from The Burren + Scrambled Eggs** — 9.50

Served on Irish Soda Toast

**J+A Breakfast Sandwich** — 8.00

Sausage, Bacon, Fried Egg, Clonakilty Black Pudding + Ballymaloe Relish

**Boxty + Fried Eggs (V)** — £6.50

With Ballymaloe Relish + Ham Hock — 1.50

**No Bread Breakfast (GF)** — 6.00

Poached Eggs, Bacon, Tomato + Mushroom

**Organic Eggs on Toast / Boiled Eggs + Soldiers** — (V) 5.00

**Eggs Benedict / Florentine** — 8.50

English Muffin, Ham or Spinach, poached Eggs + Hollandaise

**Eggs Royale** — 9.50

English Muffin, Organic Smoked Salmon, Poached Eggs + Hollandaise

**Pancakes** — 9.00

Crispy Bacon, Scrambled Eggs + Maple Syrup

**Sweet Pancakes (V)** — 7.50

Seasonal Fruit, Whipped Cream + Maple Syrup

**Omlette (V)** — 5.00

With a choice of J+A Extras (Charged per item)

**Bacon / Sausage Sandwich** — 5.00

+ Egg — 1.00

V — Vegetarian, H — Healthy, GF — Gluten Free\*

DF — Dairy Free, N — Contains Nuts, C — Caffeine

\*Allergen Advice: at J+A Cafe we do use and store foods containing allergens.

We follow correct procedure to avoid cross-contamination but cannot guarantee no-trace.

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## Fruits + Grains

**Organic Jumbo Oat Porridge with Honey (H)** — 3.50

Proper Irish Porridge Oats with Seasonal Toppings + Honey / Brown Sugar

+ Golden Syrup / Maple Syrup — 75p

+ Cows Milk + Almond Milk + Soya Milk — 20p

+ Banana — 50p

+ Apple, Cinnamon + Raisins — 1.00

+ Seeds + Nuts — 1.00 / Prunes + Dates — 1.00

+ Berries — 2.50

+ Seasonal Baked Fruit — 2.50

**J+A's Granola / Museli with Yoghurt + Honey (H)** — 5.00

**Fresh Fruit Salad with Yoghurt + Honey (H)** — 6.50

*Boxty on the griddle,*

*Boxty on the pan*

*If you can't make Boxty*

*You'll never meet a man*

## Extras

Boxty — 1.00

Sausage / Bacon / Ham — 1.50

Organic Smoked Salmon — 4.50

Baked Beans / Ballymaloe Relish — 75p

Organic Egg x 1 — 1.00

Tomato / Mushroom — 1.20

Clonakilty Black or White Pudding — 1.00

Spinach — 1.50

Avocado — 2.00

\*Free From Gluten Bread — 1.00

Gubbeen Cheese — 1.50

Berries — 2.50

Banana — 75p

Cashew / Peanut / Nutella — 1.00

Jams / Conserves — 50p

Maple Syrup — 75p

Greek Yogurt — 1.50

**Extras only to be ordered with menu items**

# Irish Home Food

Healthy, wholesome home cooking and baking

## Baking

— Please See our Freshly Baked Seasonal Cakes at the Counter

**Freshly Baked Bread, Toasted** — Irish Soda / White Crusty / Granary — 2.50

**Celtic Bakery Pastry** — 2.60

**Chocolate Guinness Cake** — 4.00

**Victoria Sponge** — 3.75

**Freshly Baked Scone with Cream + Jam** — 3.00 Scones freshly baked daily at 2pm

## Refreshments

Cold Press Juices — 4.80 — See Juice Menu

Smoothie of the Day — 4.50

Orange Juice — 3.00 / Cloudy Apple Juice — 3.00

Pink lemonade — 2.80 / Large Bottle — 8.00

Plum + Cherry — 3.00 / Sloe Lemonade — 3.00

Pear + Elderflower — 3.00

Strawberry + Rhubarb — 3.00

Ginger Beer / Curiosity Cola / Victorian Lemonade — 2.90

Coke / Diet Coke — 3.00

Club Orange / Club Lemon / Cidona — 2.50

Glass of Organic Milk — 2.00

Ballygowen Still / Sparkling Water — 2.00

## Coffee + Tea

**Specialist coffee from Atkinson's Coffee Roasters Lancaster 'Archetype Blend'**

Espresso / Macchiato — 1.40

Flat White / Latte / Cappuccino — 2.80

Americano — 2.40

Mocha / Hot Chocolate / Iced Coffee / Chai Latte — 3.00

Large Pot of Coffee — 6.50

J+A Irish Coffee — 6.00

+ 25ml Shot of Jamsons Whiskey or Baileys in your Coffee — 4.50

**Tea** — 2.80

Barry's Irish Breakfast (C), Earl Grey (C), Chai (C), Assam (C), Darjeeling (C), Jasmine (C),

Mint, Orchid Oolong (C), Silver Needle (C), Breakfast Roobois, Green Chinese Sencha

(C), Lapsang Souchong (C), Chamomile, Chinese Rose

Almond or Soya Milk — 0.30

**J+A's Natural Hot Drink Remedy....if you are feeling under the weather** — 3.80

1. Lemon, Ginger, Honey and Carageen Wild SeaWeed - Colds and Coughs

2. Chai, Almond Milk, Cinamonn, Nutmeg and Tumeric - Invigorating Stress Buster