

Roots Breakfast

Roots Breakfast Served
From 9am - 12pm

Berry Acai Bowl / gf,vg Acai, mixed berries, almond milk puree, topped with banana, mixed berries, granola & chai seeds	€8.50	Poached Eggs / 1,3,v Served with smashed avocado, leaves & organic ciabatta *Add Colleran's streaky bacon €2.00	€6.90
Super Green Acai Bowl / gf,vg Acai, apple, spinach, avocado, spirulina, kale, oat milk puree, topped with mixed berries, granola & chai seeds	€8.50	Roots Hash / 1,3,7 Black pudding potato cake with Colleran's streaky bacon & poached eggs	€8.90
Organic Porridge / 7,8, gf,v Topped with cinnamon & honey	€4.90	Roots Irish Breakfast / 1,3,7 2 portions of Colleran's bacon, sausages, black & white pudding, fried eggs, beans & tomato served with organic ciabatta bread & a choice of tea or coffee	€10.90
Organic House Granola / 7,8, gf,v Topped with natural yoghurt	€5.50	Mini Breakfast / 1,3,7 1 portion of Colleran's bacon, sausage, black & white pudding, fried egg, beans & tomato served with organic ciabatta bread & a choice of tea or coffee	€8.90
Pancakes (Sweet or Savory) / 1,3,7 Streaky bacon, maple syrup or Fresh fruit, natural yoghurt & honey	€6.90	Scrambled Eggs / 1,3,v Served on organic ciabatta bread with leaves *Add Colleran's streaky bacon €2.00	€6.00
Breakfast Ciabatta / 1,3,12 Colleran's bacon, sausage, fried egg with tomato relish on organic ciabatta bread	€8.50		
Bacon Ciabatta / 1,4 Colleran's bacon, black pudding tomato relish on organic ciabatta bread	€8.00		
Sausage Sandwich / 1,4 Colleran's sausages with tomato relish on organic ciabatta bread	€7.00		
Three Egg Omelette / 1,3,7 Ham, mushroom & cheese served with organic ciabatta bread & leaves	€8.90		
Vegetarian Three Egg Omelette / 1,3,7,v Mushroom, mixed peppers & baby spinach	€8.90		
Eggs Benedict / 1,3 Served on organic ciabatta bread with Colleran's streaky bacon & hollandaise sauce	€9.90		
Eggs Royal / 1,3,4 Served on organic ciabatta bread, with smoked salmon & hollandaise sauce	€9.90		

KIDS BREAKFAST

Scrambled Eggs on Toast	€3.50
Beans on Toast	€3.00
Pancakes	
Nutella & Marshmallows	€4.50
Fresh Fruit & Natural Yoghurt	€4.50
Kids Fry	
2 sausages, 1 slice of bacon, scrambled eggs	€5.50

Allergens:

(1) Gluten (2) Crustaceans (3) Eggs (4) Fish (5) Peanuts (6) Soybeans (7) Milk (8) Nuts (9) Celery (10) Mustard (11) Sesame Seeds (12) Sulfur Dioxide (13) Lupin (14) Molluscs (V) Vegetarian (VG) Vegan (GF) Gluten Free

Roots

Pastries

Scones

Fruit /1,8	€2.50
White /1,8	€2.50
Brown /1,8	€2.50

Croissants

Plain /1,3,8	€2.20
Almond /1,3,8	€2.40
Pain Au Chocolate /1,3,8	€2.40
Raisin Danish/1,3,8	€2.40

Muffins

Blueberry / 1,3,8	€2.50
Double Chocolate /1,3,8	€2.50
Caramel & Coffee /1,3,8	€2.50

Protein Balls (Vegan)

Cacao & Orange / 9, VG	€2.70
Goji Nut Blend / 9, VG	€2.70



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HOT DRINKS

Americano	€2.80
Espresso	€2.50
Double Espresso	€2.80
Flat White	€3.20
Latte	€3.20
Chai Latte (Vanilla/Spiced)	€3.50
Cappuccino	€3.40
Mocha	€2.70
Macchiato	€3.00
Double Macchiato	€3.40
Hot Chocolate	€4.00
Iced Coffee	€4.40
Iced Latte / Cappuccino	€2.50
Barry's Tea	€2.50
Solaris Herbal Teas	€2.80

SOFT DRINKS

Coca Cola	€2.60
Diet/Zero	€2.60
Fanta Orange	€2.60
Fanta Lemon	€2.60
Sprite	€2.60
Glass Orange Juice	€2.00
Glass Apple Juice	€2.00
S. Pellegrino 25cl	€2.60
S. Pellegrino 75cl	€5.60
Acqua Panna 25cl	€2.60
Acqua Panna 75cl	€5.60

EXTRAS

Espresso Shot	€0.70
Syrups	€0.50
Dairy Free Milk	€0.50

Smoothies

Strawberry Fantasy

Strawberry & Banana

| €4.00

Berry Burst

Apple, raspberry, mango &
wild blueberry

| €4.00

Ginger Beets

Red beets, pineapple,
wild blueberry & ginger

| €4.00

Super Green

Apple, spinach, lime juice, basil
& spirulina

| €4.00

Raspberry Heaven

Apple, raspberry, mango &
wild blueberry

| €4.00

Acai Kick

Strawberry, mango, blueberry & acai

| €4.00