



HEALTHY BREAKFAST BOWLS

€6.90

Powerful Porridge

Oats, Apple Cinnamon, Pecans, Bee Pollen, Honey Drizzle

The SpitJack Bircher

Oats, Ripe Banana, Almond Milk, Maple Syrup, Chia Seeds, Raspberries, Blueberries

A Trip to the Tropics

Low Fat Yogurt, Rotisserie Caramelized Pineapple, Shaved Coconut, Banana

Very Berry Açai Bowl

Frozen Amazonian Açai Berries, Blueberries, Raspberries, Strawberries, Chia Seeds

Daily Smoothie Bowl

Freshly Made Smoothie, Banana, Apple, Strawberries, Homemade Granola

ADDITIONAL TOPPINGS

€1.50

Raspberries, Blueberries, Banana, Apple, Strawberries, Rotisserie Pineapple, Fruit Compote, Coconut, Chia Seeds, Goji Berries, Bee Pollen, Flax Seeds, Almonds, Chopped Pecans, Pumpkin Seeds, Sunflower Seeds, Cocoa Nibs, Cranberries, Raisins, Hazelnuts

Jacked Up TOAST

ROTISSERIE SWEET POTATO TOAST

€7.20

with Crushed Avocado and Home Made Tomato Salsa

ROTISSERIE PARIS BROWN MUSHROOMS

€6.90

on Sourdough Toast with Rotisserie Confit Tomatoes

2 FARM FRESH EGGS ANY STYLE

€4.60

served with Your Choice of Toast

BENNY'S

THE SPITJACK CLASSIC

€7.90

Honey Glazed Slow Cooked Rotisserie Ham on an English Muffin served with our Traditional Hollandaise Sauce

SMOKED ROYAL

€9.90

Ballycotton Smoked Salmon, Crushed Avocado on Home Made Brown Bread Served with Dill Hollandaise Sauce

TRULY IRISH

€8.90

Jack McCarthys Black Pudding on a Potato and Apple Hash Served with our Traditional Hollandaise Sauce

THE VEGGIE

€7.90

Crushed Avocado, Tomato Salsa, Rocket on a Baked Sweet Corn Cake with Avocado Hollandaise Sauce

{ CLASSIC OF CLASSICS }

CLASSIC 3 EGG OMELETTE

€6.50

with White or Multigrain Sourdough

Irish Cheddar

€7.50

Rotisserie Ham and Irish cheddar

€8.50

Smoked Salmon and Fresh Dill

€9.50

Rotisserie Vegetables

€7.50

THE FULL JACK RECOVERY

€11.50

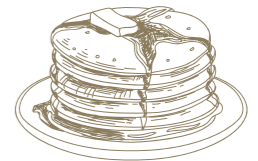
Rotisserie Cooked English Market Sausages, Rotisserie Ham, Jack McCarthy's Black Pudding, Eggs any Style, Tomato, Mushroom and Your Choice of Toast

— SWEET INDULGENCE —

HOMEMADE BUTTERMILK PANCAKES WITH VANILLA CHANTILLY CREAM

€5.50

Cinnamon Apple
Blueberry
Banana



€6.50

€6.90

€6.50

Choose between maple syrup and hot chocolate sauce

CHURROS & HOT CHOCOLATE

€6.50

Freshly Cooked Churros Rolled in Cinnamon Sugar, served with Luxurious Homemade Hot Chocolate

FRENCH DELIGHT

€7.90

Nutty French Toast with Raspberry Compote, our "Soon To Be Famous" Nutella Chantilly and Crunchy Nuts

FRESHLY BAKED

Scones

€1.60

Croissants

€2.30

Pain Au Chocolate

€2.50

Almond Croissant

€2.50

— SAVOURY INDULGENCE —

THE SPITJACK SAVORY MUFFIN

€6.50

Rotisserie Chicken, Brie and Fresh Garden Herbs with Cream Cheese Frosting

Ballycotton Smoked Salmon and Ricotta Muffin

€7.50

with Lime and Dill Frosting

THE THREE LITTLE PIGS CRUMBLE

€8.50

Rotisserie Ham, Sausage, Chorizo and Beans with an Almond and Thyme Crumble

SIDES

Egg Any Style

€1.50

One Sausage

€2.50

Honey Glazed Rotisserie Ham

€2.90

Crushed Avocado

€2.50

Rotisserie Tomato

€2.20

Two Slices Crispy Streaky Bacon

€2.90

Jack McCarthy Black Pudding

€2.90

Local Smoked Salmon

€3.20

Rotisserie Paris Brown Mushroom

€2.20

2 Slices of Toast

€1.50

— Boozeless Beauties —

THE SPITJACK PROBIOTIC ICE TEA

€5.00

Our Own Fermented Kombucha - Ask for today's infusions

DETOX DELIGHT

€6.00

Fresh Spinach, Carrot, Matcha, Lemonade, Watercress, Oranges

GREEN DIGESTIVE ELIXIR

€6.00

Fresh Orange, Apple, Kiwi, Avocado, Galangal

RECOVERY MEDICINE

€6.00

Fresh Mango, Pineapple, Turmeric, Coconut Water, Cayenne Red Pepper

COFFEE & TEA

Espresso €2.50

Rose Latte €3.50

Earl Grey €2.80

Camomile €2.80

Americano €2.80

Lavender Latte €3.50

Green Sencha €2.80

Rosehip & Hibiscus €2.80

Cappuccino €3.00

Chai Latte €3.50

Rooibos Orange €2.80

Moroccan Nights Mint €2.80

Flat White €3.00

Hot Chocolate €3.00

Strawberry & Mango €2.80

Berries Delight €2.80

Cortado €2.90

The food allergens used in the preparation of our food can be viewed in the separate menu available at the host desk

