

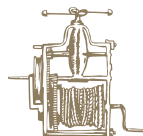
## HEALTHY BREAKFAST

- PORRIDGE BOWL** v €4.90/6.90 <sup>S/L</sup>  
Oats, Apple Cinnamon, Pecans, Honey Drizzle
- YOGURT BOWL** v/GF €4.90/6.90  
Low Fat Yogurt, Rotisserie Caramelized Pineapple, Shaved Coconut, Banana
- SMOOTHIE BOWL** v €4.90/6.90  
Freshly Made Smoothie of the Day, Mix Berries, Homemade Granola

- ADDITIONAL TOPPINGS** v €1.50  
Raspberries, Blueberries, Banana, Apple, Strawberries, Rotisserie Pineapple, Coconut, Chia Seeds, Goji Berries, Bee Pollen, Flax Seeds, Almonds, Chopped Pecans, Pumpkin Seeds

## JACKED UP TOAST

- ROTISSERIE SWEET POTATO TOAST** v/DF/GF €7.90  
Crushed Avocado, Tomato Salsa, Rocket
- 2 FARM FRESH EGGS ANY STYLE** v/DF €4.60  
Served with Your Choice of Toast



THE  
**SPITJACK**  
ROTISSERIE BRASSERIE

## BRUNCH

### EGGS BENEDICT

- THE SPITJACK CLASSIC** €7.90  
Honey Glazed Rotisserie Ham, Two Poached Eggs, English Muffin, Traditional Hollandaise Sauce
- SMOKED ROYAL** €9.90  
Ballycotton Smoked Salmon, Two Poached Eggs, Crushed Avocado, Soda Bread, Dill Hollandaise Sauce
- TRULY IRISH** €8.90  
Jack McCarthy's Black Pudding, Two Poached Eggs, Potato & Apple Hash, Traditional Hollandaise Sauce
- THE VEGGIE** v/GF €7.90  
Crushed Avocado, Tomato Salsa, Rocket, Two Poached Eggs, Baked Sweet Corn Cake, Avocado Hollandaise Sauce

## HEARTY BREAKFAST

- THE FULL JACK** €11.00  
O'Mahony's Sausages, Rotisserie Ham, Jack McCarthy's Black Pudding, Eggs any Style, Tomato, Mushroom, Toast
- CHORIZO & ITALIAN SAUSAGE CRUMBLE** €8.50  
Rotisserie Ham, Italian Sausage, Chorizo, Beans, Almond & Thyme Crumble

## SWEET INDULGENCE

- HOME-MADE BUTTERMILK PANCAKES** v €5.50  
with Vanilla Chantilly Cream
- Cinnamon Apple €6.50  
(Choose BETWEEN Maple Syrup & Hot Chocolate Sauce)
- Bacon and Maple Syrup €7.50
- FRESHLY BAKED** v
- Plain Scones €2.50  
Fruit Scones €2.50

## SIDES

- |                          |                                       |                                   |
|--------------------------|---------------------------------------|-----------------------------------|
| Egg any style €1.50      | Two Slices Crispy Streaky Bacon €2.90 | Jack McCarthy Black Pudding €2.90 |
| O'Mahony's Sausage €2.50 | Ballycotton Smoked Salmon €3.20       | Rotisserie Brown Mushrooms €2.20  |
| Rotisserie Ham €2.90     | Crushed Avocado €2.50                 | Two Slices of Toast €1.50         |

## FRESH JUICE BLENDS

- FRESH ORANGE JUICE** €4.00
- THE SPITJACK PROBIOTIC ICE TEA** €4.00  
Our Own Fermented Kombucha  
Please ask server for the flavour of the day
- RECOVERY MEDICINE** €6.00  
Fresh Mango, Pineapple, Turmeric, Coconut Water, Cayenne Red Pepper
- GREEN DIGESTIVE ELIXIR** €6.00  
Fresh Orange, Apple, Kiwi, Avocado, Galangal, Matcha Lemonade

## "ROAST 34" COFFEE

- |                  |                             |
|------------------|-----------------------------|
| Espresso €2.50   | <b>Rose Latte</b> €3.50     |
| Americano €2.80  | <b>Lavender Latte</b> €3.50 |
| Cappuccino €3.00 | Chai Latte €3.50            |
| Flat White €3.00 | Hot Chocolate €3.00         |
| Cortado €2.70    | Mocha €3.00                 |

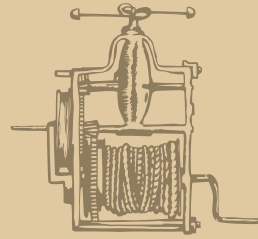
## NEWBY TEA (LONDON)

- |                      |                         |
|----------------------|-------------------------|
| Earl Grey €2.80      | Strawberry, Mango €2.80 |
| Green Sencha €2.80   | Moroccan Mint €2.80     |
| Rooibos Orange €2.80 | Rosehip, Hibiscus €2.80 |
| Camomile €2.80       | Berries Delight €2.80   |

All Prices Include VAT

GF-Gluten Free V-Vegetarian DF-Dairy Free

Available Monday to Friday from 8am to 12pm, Saturday from 8am to 1pm, Sunday from 10am to 1pm



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**BREAKFAST**