

## Smoothies and Milkshakes

**The Berry Blast** (9) €5.80

Mixed berries, apple juice, frozen yogurt & honey



**The Tropical Smoothie** (9) €5.80

Tropical fruits, pineapple juice, banana & frozen yogurt

**The Shire Smoothie** (9) €5.80

Bananas, strawberries, apple juice & frozen yogurt

**Chocolate Milkshake** (9) €5.50

**Strawberry and Banana Milkshake** (9) €5.50

## Coffee / Tea

Americano	€2.80	Flat White	€3.00
Latte	€3.00	Tea	€2.30
Cappuccino	€3.00	Herbal Tea	€2.50
Espresso	€2.00	Hot Chocolate	€3.10
Mocha	€3.40	Kids Hot Chocolate	€2.00

## Allergens

1 Gluten	5 Molluscs	9 Milk	12 Sesame Seeds
2 Crustaceans	6 Soybeans	10 Celery	13 Sulphites
3 Eggs	7 Peanuts	11 Mustard	14 Lupin
4 Fish	8 Nuts		

(C) Coeliac (V) Vegetarian (VG) Vegan

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the  
**shire**  
KILLARNEY  
CAFE ♦ BAR

BREAKFAST MENU



## Healthy Options

**Natural Greek Yogurt** €4.50  
with Berry Compote, topped with fresh berries & Granola (V) (C) 1,9

**Peanut Butter and Banana** €4.50  
served on a slice of toasted sourdough drizzled with honey and granola (V) (C) (VG *ex honey*) 1

**Porridge** €5.00  
served with a choice of berries or banana, honey, almond flakes or peanut butter (V) (C) (VG) 1

**ACAI Bowl** (SM/LG) €4.00 /€8.00  
served with mixed berries or peanut butter (V) (VG) 1

## From the Grill

**Irish Breakfast** €9.00  
– 2 bacon, 2 sausages, 1 egg (fried or poached), black & white pudding, served with toast 1,3

**Vegan Breakfast** €8.00  
– sautéed mushrooms, spinach, hash browns, beans served with sourdough toast (VG) (V) 1,3

**Eggs Benedict** €7.00  
– 2 poached eggs served on an english muffin with spinach and hollandaise sauce (V) (C) 1,3,9  
add bacon €1.50

**Scrambled Eggs on Toast** (V) (C) 1,3 €5.00

**Sausage Sandwich** €5.00  
Add bacon (C) 1,3 €1.00

## Old Time Favourites

**American Style Pancakes** €6.50  
served with maple syrup (V) 1,3,9

**Waffles** €6.50  
served with nutella, chocolate sauce, maple syrup, or fresh cream 1,3,9

*Option to add Strawberries or Banana €1.00  
Berry Compote €1.00  
Greek Yogurt €1.00*

## Selection of pastry and scones available

### Sides

Bacon	€2.00	Beans	€1.50
Sausage (2)	€1.50	Mushrooms	€2.50
Pudding (2)	€1.50	Egg	€1.00
Spinach	€2.00		

