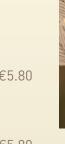
# Smoothies and Milkshakes

The Berry Blast (9) €5.80 Mixed berries, apple juice, frozen yogurt & honey



#### The Tropical 5moothie (9) €5.80

Tropical fruits, pineapple juice, banana & frozen yogurt

The Shire Smoothie (9) Bananas, strawberries, apple juice & frozen yogurt	€5.80
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

michael colling place, killarney, co. kerry Tel 064 667 1605

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BREAKFAST MENU



## Healthy Options

Macural Greek Yogurt with Berry Compote, topped with fresh berries & Granola (V) (	€4.50 C) <i>1,9</i>
<b>PEANUT BUTTER AND BANANA</b> served on a slice of toasted sourdough drizzled with honey and granola (V) (C) (VG ex honey) 1	€4.50
Porrioge served with a choice of berries or banana, honey, almond flakes or peanut butter (V) (C) (VG) 1	€5.00
<b>ACAI Bowl</b> (SM/LG) €4.00 served with mixed berries or peanut butter (V) (VG) 1	/€8.00
From the Grill	
Irish Breakfast  - 2 bacon, 2 sausages, 1 egg (fried or poached), black & white pudding, served with toast 1,3	€9.00
Vegan Breakfast  - sautéed mushrooms, spinach, hash browns, beans served with sourdough toast (VG) (V) 1,3	€8.00
Eggs Benedict  - 2 poached eggs served on an english muffin with spinach and hollandaise sauce (V) (C) 1,3,9	€7.00
add bacon	€1.50
Scramoled Eggs on Toast (V) (C) 1,3	€5.00
Sausage Sandwich Add bacon (C) 1,3	€5.00 €1.00

#### Old Time Favourites

# American Style Pancakes served with maple syrup (V) 1,3,9

€6.50

Waffleg

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

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

#### Gelection 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		

