Canteen Love Food Breakfast Menu 2017

Canteen

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Irish Breakfast

**Real Irish Breakfast 7.95**

‘Crowe’s Farm’ sausage, rashers, black and white pudding roulade, 2-hour roast tomato and thyme-roasted field mushrooms, homemade baked beans and fried free range egg, served with ‘Wild Onion Bakeshop’ bread

**Breakfast Burrito 7**

Tomato salsa, avocado and sour cream with ‘Crowe’s Farm’ sausage & rasher served in a tortilla wrap with chilli sauce

**French Toast 7**

‘Wild Onion Bakeshop’ white loaf soaked in milk and egg, fried to perfection and served with crispy bacon and maple syrup

**Huevos Habaneros 7**

Cuban styles eggs cooked in a spicy tomato sauce topped grated cacao and parsley served with ‘Wild Onion Bakeshop’ bread

**Green Eggs and Ham 7**

Poached eggs, avocado & chilli sauce with ‘Crowe’s Farm’ bacon served on ‘Wild Onion Bakeshop’ toast.

Veggie options available

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**Breakfast Bagels**

**Sausage and Bacon 5**

‘Crowe’s Farm’ sausage and bacon on Wild Onion Bakeshop bagels with real Irish butter

**Avocado & Bacon Bagel 5**

Sliced avocado with crispy ‘Crowe’s Farm’ bacon on a toasted bagel

**Cream Cheese 3.5**

Have your ‘Wild Onion Bakeshop’ bagel with cream cheese

**Egg pots**

**Just Eggs 3.5**

Three super healthy eggs poached to your liking

**Eggs Avo 4**

Two poached eggs served with avocado, chopped tomato and chilli sauce

**Breakfast Pot 4**

Two poached eggs served with homemade baked beans and ‘Crowe’s Farm’ bacon

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**Breakfast Pots**

**Simple ‘Flahavan’s’ Organic Porridge Oats 3**

Keep it simple with organic oats, cooked in milk

**Porridge with Granola 3.5**

Organic porridge topped with crunchy homemade granola and honey

**Aztecs Porridge 3.5**

Organic porridge topped with ‘Willie’s’ Cacao, honey & banana

**Super Seed Mix 0.5**

**Mixed Nuts 0.5**

**Maple Syrup 0.5**

**Raspberries 0.5**

**Banana 0.5**

**Granola & Aztec Yoghurt Pots available 3.5**

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**Real Irish Food with Integrity**

Flahavan’s Organic Porridge, Homemade Granola, Crowe’s Award Winning Outdoor Reared Pork, Wild Onion Bakeshop Real Bagels