# BREAKFAST, LUNCH & DINNER

#### **COOKED BREAKFAST**

KCP breakfast sandwich G/MK/E/S/SP €9.20 Breakfast sausage, rashers, fried free range egg, & KCP homemade tomato relish served on a Brioche bun

Full Irish breakfast G/MK/E/S/MD €13.20 Chive sausages, black and white pudding, rashers, free range eggs, baked beans, mushrooms, & tomato served with toasted soda bread or white toast

Full vegan G/S/SS ♥ €12.10 Vegan sausages, sauteed spinach, mushrooms, tomato, sauteed potatoes, & baked beans served with toasted granary bread

**Breakfast burrito** G/MK/E/S/SP/MD €8.95 Scrambled free range eggs, kidney beans, avocado, cheddar cheese, pico de gallo, & spicy mayonnaise folded into a wrap

Morning Toastie G/MK/SP €7.30 Dublner cheddar, crispy bacon, KC Peaches tomato relish, toasted in sourdough

#### **EGG BREAKFAST**

KCP scrambled eggs G/MK/E €8.35 Soft scrambled free range eggs with chives & crème fraiche served with soda bread

Avocado & eggs G/SP/E/S €11.50 Smashed avocado, poached free range eggs, slow roasted cherry tomatoes, bread, chilli & lime dressing, & mixed seeds served on toasted granary

#### **SWEET BREAKFAST**

**French toast with crispy bacon** G/MK/E €11.30 Thick sliced brioche topped with crispy bacon served with maple syrup

**French toast with berries** G/MK/E €11.30 Thick sliced brioche topped with mixed berries served with maple syrup

#### Contains the following Allergens:

Gluten / G, Crustaceans / C, Eggs / E, Fish / F, Molluscs / M, Soybeans / S, Peanuts / P, Nuts / N, Milk / MK, Celery / CY, Mustard / MD, Sesame Seeds / SS, Sulphites / SP, Lupin / L

All our beef is 100% Irish. 🍸 Vegan

#### **PASTRIES & CROISSANTS**

Croissant G/MK/E	€2.65
Pain au chocolat g/mk/e/s	€2.85
Raisin scone G/MK/E	€3.15
Plain scone G/MK/E	€3.15
<b>Seasonal muffins</b> Please ask for current options	€3.40
Ham & cheese croissant G/MK/I	E

Ham & cheese croissant G/MK/E €4.95 Home baked ham & cheddar cheese tucked into a delicious croissant

Cheese, tomato & spinach croissant Tomato, cheese, & spinach tucked into a delicious croissant G/MK/E

#### BOWLS

<b>Porridge with peanut butter &amp; chocola</b> Peanut butter drizzle, & chocolate chips G/P/MK	
<b>Porridge with fresh berries &amp; honey</b> <sup>G / MK</sup>	€6.25
<b>Porridge with fresh banana &amp; honey</b> <sup>G / MK</sup>	€6.25
KIDS BREAKEAST	

#### **KIDS BREAKFAST**

Scrambled eggs G/MK/E	
Scrambled free range eggs, 1 slice of Irish soda	
bread	

French toast G/MK/E €5.20 1 slice of thick cut French toast with maple syrup & berries

#### JUICES

JUICES	
Fresh orange juice 🍾 🛛 €	3.75/€4.50
Fresh apple juice 🔭 🛛 €	3.75/€4.50
<b>Apple tonic 🕅</b> Apple, lemon, & ginger	€5.25
Immunity boost 🍾 Orange, lime, ginger, & carrot	€5.75
<b>Sunrise 🍞</b> Mixed berry, banana, & apple finishe	€5.50 d with ice
Mint 2 be 💙 Apple, lime, mint, & ginger finished v	€5.25 with ice
<b>Tropic thunder Y</b> Pineapple, passion fruit, & apple finis with ice	€ <b>5.50</b> shed
<b>Energise it</b> Passion fruit, banana, & orange finish with ice	€5.50 ned
SMOOTHIES	
<b>Leafy detox 🔭</b> Spinach, pineapple, apple, lemon, gi & coconut water	<b>€6.25</b> nger,
Super green Peaches, spinach, mango, coconut wa orange juice	<b>€6.25</b> ater, lime &
<b>Keep well - vitamin A, C + E</b> Carrot, pineapple, mango & orange ji	
<b>Berry bliss</b> /мк/ Banana, berries, milk, & agave	€5.25
<b>Strawberry fields</b> имки Strawberries, banana, agave, & milk	€5.25
<b>Protein kickstart</b> /MK/P Peanut butter, banana, & milk	€5.25
<b>Just peachy</b> /мк/ Peaches, strawberries, milk, agave, & orange juice	€5.50
South Pacific	€6.25

South Pacific €6.25 Mango, banana, passion fruit, coconut milk, & orange juice

All our juices & smoothies are made fresh. Smoothies 450ml / Juices 330ml



EAT WELL LIVE WELL

### LUNCH MENU

€5.20

#### **KC PEACHES**

# **BREAKFAST, LUNCH & DINNER**

#### **TOASTIES & HOT SANDWICHES**

2 Cheese & sun-dried tomato toastie G/MK/S/N/SP €6.25 Fresh mozzarella, Dubliner cheddar, & sun-dried tomato pesto toasted on ciabatta

Ham & cheese toastie G/MK €6.85 Sliced honey-baked ham and Dubliner cheddar on great white bread

**Tuna melt** G/F/E/S/MK/SS/SP/MD €7.30 Sustainable tuna mixed with lemon, mayonnaise, dill, topped with cheddar cheese, & rocket on seeded bread

Micheal's toastie G/MK/E/S/MD €7.30 Cheddar cheese, roast cherry tomatoes, caramelised onion, crispy onion, smoked sea salt, & garlic mayo on great white bread

**The Dubliner** G/MK/E/S/MD/SP €8.95 Honey-baked ham, 3 cheese sauce, baby spinach, caramelised red onion, & mustard mayonnaise on a brioche bun

**Fiery chicken** G/MK/E/S/SP/MD €8.95 Chicken goujons, sriracha mayonnaise, iceberg lettuce, pickled ginger, coriander, & red cabbage on a brioche bun

 Roast turkey & cranberry
 G/MK/E/S/SS/MD
 €8.95

 Roast turkey, baby spinach, sage and onion stuffing, & cranberry mayonnaise served on granary bread
 €8.95

#### **COLD SANDWICHES**

**Falafel & harissa wrap** G/SP OUT €7.10 IN/TOASTED €7.85 Falafel, plum tomato, pickled cabbage, baby spinach, harissa drizzle, & hummus in a wrap

Avocado do you good OUT €8.15 IN/TOASTED €8.95 Chicken, avocado, plum tomato, mixed greens, & mayonnaise on granary bread G/E/S/SS/MD

**KCP Club** G/MK/E/S/N/MD OUT €8.95 IN/TOASTED €9.75 TRIPLE DECKER! Chicken, crispy bacon, plum tomato, Dubliner cheddar, mixed greens, & pesto mayonnaise on great white bread

#### **Build Your Own Sandwich**

**MYO basic** Bread, spread & 3 fillings (max 1 protein) OUT €7.30 IN/TOASTED €7.95

**MYO gourmet** Bread, spread & 5 fillings (max 2 proteins) OUT €9.10 IN/TOASTED €9.95

#### **HOT FOOD & SALAD BAR**

Choose from a range of our homemade fresh salads from our buffet.

#### **BUILD YOUR OWN SALAD**

EAT IN medium 10.50 / large 11.95

TAKE OUT medium 9.50 / large 11.50

#### **BUILD YOUR OWN HOT FOOD**

EAT IN/OUT medium 10.50 / large 11.95

## **50% OFF HOT FOOD LAST HOUR!** (offer valid for take away only)

#### PATISSERIE

Handmade selection of seasonal pastisserie and sweet treats **SEE IN STORE FOR MORE** 

#### **HOT & COLD BEVERAGES**

	Sml / Med / Lrg / Iced (16oz)			
Double espresso	) €2.95			
Macchiato	€3.35			
Flat white	€3.75			
Cortado	€3.75			
Americano	€3.50 / €3.60 / €3.70 / €3.70			
Latté	€3.75 / €3.95 / €4.20 / €4.20			
Cappuccino	€3.75 / €3.95 / €4.20			
Mocha	€4.15 / €4.45 / €4.85 / €4.85			
<b>Hot chocolate</b> Milk, dark or white	€3.60 / €3.80 / €4.20			
Matcha latté	€4.15 / €4.45 / €4.85 / €4.85			
Chai latté	€3.65 / €3.80 / €4.20 / €4.20			
Теа	€2.60			
Herbal tea	€3.15			
Babycino	€1.30 (or free with purchase)			
Milk options €0.50 Coconut Milk, Oat milk, Almond Milk, Soy Milk				
Syrup options €0.60 Homemade Vanilla Syrup, Homemade Caramel Syrup				

#### **SLAINTE!** COCKTAILS, WINES & BEER

Mimosa	€9
Seasonal Bellini	€9
Prosecco	€8
<b>House White Wine</b>	€6.75
House Red Wine	€6.75
Peroni	€6.50
Guinness (568ml)	€6.50

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# - BREAKFAST MENU