

## HOT BEVERAGES

|  | <i>Reg</i> | <i>Large</i> |
|--|------------|--------------|
| Americano                              | €2.50      | €3.00        |
| Cappuccino                             | €2.90      | €3.40        |
| Caffé Latte                            | €2.90      | €3.40        |
| Flat White                             | €3.00      |              |
| Espresso                               | €2.50      | €3.00        |
| Macchiato                              | €2.80      | €3.30        |
| Cortado                                | €2.90      |              |
| Hot Chocolate                          | €3.00      | €3.50        |
| Mocha                                  | €3.10      | €3.60        |
| Tea                                    | €2.30      |              |
| Herbal Tea                             | €3.00      |              |
| Glass of hot water                     | €1.50      |              |
| Glass of hot water with lemon          | €1.70      |              |
| Extra shot of coffee                   | 0.50       |              |
| Flavoured syrups                       | 0.50       |              |
| - caramel, vanilla, hazelnut, cinnamon |            |              |

*Dairy free milk alternatives available*  
- Coconut, Almond or Soya

## SMOOTHIES €5.00

**Pink Panther:** Raspberries, Strawberries, Cranberry Juice, Probiotic Yogurt & Honey

**Kinsale Crush:** Strawberries, Banana, Irish Honey, Ginger, Coconut Water & Apple

**Green Power:** spinach, pineapple, banana, mint, lemon juice & coconut water

**Mango Shake:** mango, passion fruit & probiotic Greek style natural yoghurt

## JUICES €5.00

Pure OJ

**Summer Breeze:** Watermelon, Strawberries, Mint, Lime & Coconut Water

**Immune Boost:** Cucumber, Parsley, Spinach, Apple, Lemon & Kale

**Ginger Detox:** Carrots, Apple, Ginger, Lemon

**Sunshine:** Orange, Apple, Lime & Mint

## SOFT DRINKS €3.00

Coke, Diet Coke, Club Orange, Club Lemon, 7up, Diet 7up, Mineral Water

## KIDS DRINKS

|                                      |       |
|--------------------------------------|-------|
| Babycino                             | €2.00 |
| Chocolate Babycino                   | €2.50 |
| Kids Smoothies                       | €3.00 |
| - Banana, Strawberry, Yogurt & Honey |       |
| - Pineapple, Melon & Orange Juice    |       |
| Kids Fresh Orange Juice              | €3.00 |
| Milk                                 | €1.50 |

# OLD BANK House

Café • Boutique Bakery • Accommodation

# BREAKFAST MENU

A member of Blue Haven Collection

[www.oldbankhousekinsale.com](http://www.oldbankhousekinsale.com)

GEORGINA  
CAMPBELL'S



GUESTHOUSE  
OF THE YEAR  
2018

## Good Morning... Maidin Mhaith

### MORNING TOAST (V) €2.90

Choice of brown soda bread from our bakery, Cuthbert's white or brown bread or gluten free served with Irish butter & homemade preserves

### FRESHLY BAKED SCONE €2.80

With fresh Irish cream, Irish butter & strawberry jam

### FRESHLY BAKED CROISSANT €2.60

Choose from Belgian chocolate, almond or all butter

### TRADITIONAL ORGANIC IRISH OATMEAL PORRIDGE (H)(V) €5.00

Served with mixed berry compote & Irish honey  
*Can be made with dairy free milk alternatives - coconut, almond or soya*

### AVOCADO ON SOURDOUGH TOAST €5.00 (Add poached egg €1.50) (Add smoked salmon €2.00)

### OUR FAMOUS PANCAKES (V) (1-€5.50) (2-€6.50) (3-€7.50)

Served with fresh fruit of your choice - sliced banana, blueberry, strawberry, raspberry or have them plain, served with organic maple syrup

### FRENCH TOAST (V) €6.00

Cuthbert's white bread, coated in free range Irish eggs & pan fried until golden, served with fresh blueberries & organic maple syrup  
(Add bacon €2.00)

### GREEK YOGHURT & FRESH FRUIT ENERGY BOWL (H)(V) €6.50

With house fruit salad, flax seeds and crunchy granola

### OLD BANK HOUSE BREAKFAST SANDWICH €6.50

Cuthbert's toasted white bread, grilled West Cork bacon, organic Irish pork sausage & tomato relish  
(Add a free range Irish egg €1.50)

### SCRAMBLED EGGS (V) €7.00

Free range Irish eggs with grilled stem cherry tomatoes  
(Add Jamie's Smoked Salmon or West Cork Bacon €2)

### MEXICAN EGGS €9.00

2 free range fried eggs, bacon lardons, red kidney beans and tomato salsa served on toasted tortilla  
(Add Avocado €2.00)

### EGGS BENEDICT €9.00

Toasted sourdough bread, West Cork bacon, poached free range Irish eggs & homemade hollandaise sauce

### EGGS FLORENTINE (V) €9.00

Toasted sourdough bread, wilted baby spinach, poached free range Irish eggs & homemade hollandaise sauce  
(Add Jamie's smoked salmon €2.00)

### EGGS ROYAL €10.00

Toasted sourdough bread, Jamie's smoked salmon, poached free range Irish eggs & homemade hollandaise sauce

### OLD BANK HOUSE FULL IRISH BREAKFAST €9.50

Two slices of West Cork bacon, organic Irish pork sausage, Rosscarbery black & white pudding, grilled tomato, roasted field mushroom, free range Irish egg, hash browns, baked beans, Cuthbert's toast & Irish butter

### OLD BANK HOUSE MINI BREAKFAST €6.50

Choose 4 items from the classic to create your own

### BREAKFAST OMELETTE €9.00

Made with free range Irish eggs, with a choice of the following fillings, Kelleher's ham, sautéed mushrooms, tomatoes, Irish cheddar or onions

### SUPERFOOD THREE EGG WHITE OMELETTE (V) (H) (GF) €9.50

Made with free range Irish egg whites, with wilted baby spinach, red onion, tender stem broccoli, cottage cheese and toasted crushed hazelnuts

### THE VEGETARIAN (H)(V) €8.50

Free range Irish eggs, 2 hash browns, grilled tomatoes, roasted field mushrooms, baked beans & sautéed spinach

### ADD A SIDE ORDER TO YOUR BREAKFAST €2.00 each

West Cork bacon, organic Irish pork sausages, hash browns, roasted mushrooms, grilled tomatoes, smoked salmon, avocado

*We hope you enjoy your Breakfast  
and your experience in Kinsale.*

*Bain taitneamh as do bhricfeasta agus Cionn tSáile*

(H) Healthy Option (V) Vegetarian

(GF) Contains no flour in the recipe, but flour is used in the kitchen

Please ask your server for our list of allergens



BLUE HAVEN  
COLLECTION  
KINSALE