BRUNCHING KIDS (UNDER 12 ONLY)

Porridge

Toasted seeds, hazelnut, maple bananas and Greek yogurt

* €4,5

Bay Kids breakfast

Sausage, bacon, baked beans, eggs as you like, homemade bread

* €7

French toast

with crispy bacon and maple syrup or Greek yogurt and maple banana

* €6

Mini Breakfast

Crispy bacon, poached egg and english muffin

* €5

Sausage and eggs

Scrambled eggs and toast

* €5

Kidi Pancake

with a choice of: Banana, yoghurt and maple syrup OR Bacon and maple syrup OR Chocolate and banana

* €5

BAY'S LIQUID GOLD

Shot of wheat grass known as the liquid sunshine

full of chlorophyll, amino acids, minerals, vitamins, and enzymes (drink on its own or add to your juice)

* €3

HEALTHY JUICES - IN HOUSE EXTRACTED

Remedy

brocolli, carrot, lime, apple

* €5,5

Workout wonder

cucumber, apple, celery, lemon

* €5,5

Get the beat on

beetroot, apple, ginger, lemon

* €5,5

Zinger

fresh orange, ginger, mint

* €5,5

HOMEMADE SMOOTHIES

Homemade smoothie - pure fruit and juices blend

Mango/Strawberry

Click on dish for nutritional information

* €5,5

CLASSIC

Bloody Mary (with vodka)

not just full of vitamins,but good for hangover too !

* €8

Virgin Mary

Full of vitamins .The ultimate spicy healthy drink

* €4

PRSECCCO COCKTAILS - BRUNCH SPECIAL

Orchard

orange, peach liqueur, cranberry, prosecco

* €8,90

Mimosa

orange, prosecco

* €8,90

Fishbone 75

Befeater gin, raspberry puree, prosecco

* €8,90

Elder Berry

elderflower, cranberry, prosecco

* €8,90

BRUNCH FOOD

Dutch Pancake

Choice of crispy bacon & maple syrup or Greek yogurt and maple bananas

Click on dish for nutritional information

* €12,75

Sabich

Roasted aubergine, poached eggs on sourdough bread with zhoug, tahini sauce & rocket salad

Click on dish for nutritional information

* €13,75

Moroccan Kofta Tagine

Soft eggs, spiced minced lamb balls, roasted peppers & tomato feta cheese sauce, sourdough bread

Click on dish for nutritional information

* €16

Turkish Eggs

Poached eggs, Greek yoghurt, chilli butter sauce & rocket sourdough bread

Click on dish for nutritional information

* €12,75

Menemen Scrambled Eggs

Roasted peppers, red onion, chilli, feta cheese, baby spinach & sourdough bread

Click on dish for nutritional information

* €13,75

Granola Strawberry Sundae

Toasted homemade granola of oats, seeds nuts & dried fruit topped with Greek yogurt

Click on dish for nutritional information

* €8,50

Slow Cooked Organic Porridge

Toasted seeds, hazelnut, maple bananas and Greek yoghurt

Click on dish for nutritional information

* €8,50

Açaí Smoothie Bowl

toasted granola, banana, passionfruit, coconut chunks, high in protein, antioxidant, omega 3, 6 & 9

Click on dish for nutritional information

* €10,50

Eggs Benedict Bay Style

Poached eggs, wilted spinach, goat cheese, smoked salmon on English muffin s/w hollandaise sauce & handcut Bay chips

Click on dish for nutritional information

* €15,75

Eggs Florentine Bay Style

Poached eggs, wilted spinach, pulled pork on English muffin s/w hollandaise sauce & handcut Bay chips

Click on dish for nutritional information

* €15,75

Bay Full Breakfast

Sausage, bacon, Clonakilty black and white pudding, baked beans, grilled tomatoes, free range eggs as you like and toasted bread of your choice

Click on dish for nutritional information

* €13,75

Baked Mauritian Style Baked Eggs

Goat cheese, soft eggs, Cajun tomato and mixed roasted peppers sauce, grilled soft taco wraps

Click on dish for nutritional information

* €12,75

French Toast

Crispy bacon and maple syrup or Greek yogurt and maple bananas

* €12,75

All our dishes are available to take away by collection with a 20% discount of our prices. Please choose from our [menu](https://bay.ie/menu) and give us a