Shot of wheat grass

known as the liquid sunshine is full of chlorophyll, amino acids, minerals, vitamins, and enzymes (drink on its own or add to your juice)

Click on dish for nutritional information

* €3

HEALTHY JUICES - IN HOUSE EXTRACTED

Workout wonder

cucumber, apple, celery, lemon

Click on dish for nutritional information

* €5,5

Remedy

broccoli, carrot, lime & apple

Click on dish for nutritional information

* €5,5

Get the beat on

beetroot, apple, ginger, lemon

Click on dish for nutritional information

* €5,5

SMOOTHIES

Homemade Smoothie

Strawberry

Click on dish for nutritional information

* €5,5

Energy smoothie

strawberry, blueberry, banana, raspberry, blackcurrent, spinach

* €5,5

Detox smoothie

pineapple, apple, spinach, kale, ginger, lemon

* €5,5

Add superfood mix:

with flaxseed, maca, cacao, guarana

* €0,50

LIGHTER FARE

Acai smoothie bowl (ah-sigh-ee)

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

Click on dish for nutritional information

* €10,50

Turkish eggs

Poached eggs, Greek yoghurt, chilli butter sauce, rocket and sourdough, coeliac or homemade fennel seed brown bread

Click on dish for nutritional information

* €10,50

Menemen scrambled eggs

Roasted peppers, red onions, chilli feta cheese, baby spinach with sourdough, coeliac or homemade fennel seed brown bread

Click on dish for nutritional information

* €10,50

Granola strawberry sundae

Toasted homemade granola of oats, seeds nuts, and dried fruits topped with Greek yogurt

Click on dish for nutritional information

* €8,50

Baked Mauritian style eggs

baked goats cheese, soft egg Mauritian Cajun tomato sauce served with grilled soft taco wraps

Click on dish for nutritional information

* €9,50

CLASSIC

Bay Full Breakfast

freerange egg cooked as you like, bacon, sausage, tomato, baked beans, homemade fennel seed brown, white or coeliac bread

Click on dish for nutritional information

* €11,50

Slow cooked organic porridge

Click on dish for nutritional information

* €8,40

Sabich

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

Click on dish for nutritional information

* €11,50

French toast

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

* €10,50

Vanilla protein pancakes

with strawberries, maple syrup, greek yoghurt

Click on dish for nutritional information

* €8,5

JUNIORS ONLY

Sausage and eggs

Click on dish for nutritional information

* €5

Scrambled eggs and toast

Click on dish for nutritional information

Pancakes

with berries, yoghurt and maple syrup OR bacon and maple syrup OR Chocolate and banana

JUNIORS DRINKS

Junior smoothie

strawberry

Click on dish for nutritional information

* €2,5

Junior healthy juices

please ask for daily selection

* €2,5

FROM OUR BAKERY

Homemade scone and beverage

served with butter, homemade jam & cream with a hot drink of your choice

Click on dish for nutritional information

* €5,75

Cinnamon swirl and beverage

served with butter, homemade jam & cream with a hot drink of your choice

Click on dish for nutritional information

* €5,75

Homemade toast & jam

homemade fennel seed brown, coeliac or sourdough toast served with Bay’s homemade berry jam

* €3,5

EXTRAS (ONLY TO BE ADDED)

Add an extra portion

Avocado | Bacon | Smoked salmon | Sausage | Goats cheese | Mushrooms | Poached egg | Slow baked herbed tomatoes | Sourdough toast | Homemade brown bread | Homemade coeliac bread | Turkey pattie | Hummus | Greek yoghurt | Granola

* €2,95

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