                          BREAKFAST       (8am-12pm Mon-Fri)

EGGS AVO  
poached eggs , avocado & garlic oil on Tartine sourdough — €7.95 - add bacon: €1.50

HOUSE MADE GRANOLA

rolled oats toasted with maple syrup, mixed seeds & nuts, served with berries and greek yoghurt — €4.95

PORRIDGE

Plain €2.50

w/superfood mix  
goji berries, mulberries, chia seeds, cacao nibs, coconut and coconut palm sugar — €4.50

BACON & EGG BAP

crispy bacon, fried egg and mayo on Arun Vlaa  — €4.95

BLAS BEANS ON TOAST

pinto beans in housemade spiced tomato sauce w/ sourdough toast — €4.95

BREAKFAST CIABATA

bacon, fx buckley jumbo sausage, caramelised onions, 2 fried eggs, mayo & rocket on toasted ciabata - €7.50

**BRUNCH (Sat & Sun 10am-4pm)**

BLAS FULL BREAKFAST  
bacon, fx buckley sausage, sage potatoes, housemade beans, 2 poached eggs & toast — €9.95

BLAS VEG BREAKFAST (V)

grilled portabello mushrooms, grilled tomatoes, sage potatoes, housemade beans, 2 poached eggs & toast — €8.95

HUEVOS RANCHEROS (GF)

housemade refried beans, chunky pico de gallo, 2 fried eggs w/avocado & corriander cream, served on corn

tortillas —€9.95

+ iberico chorizo —€10.95

COWBOY BREAKFAST

featherblade steak w/2 fried eggs, caramelised onions, rocket & roasted cherry tomatoes served on toasted sourdough w/sage potatoes — €11.50

EGGS BENEDICT

poached eggs, house baked ham, hollandaise on housemade English muffin with sage potatoes — €10.95

**EGGS FLORENTINE​**poached eggs, smolked salmon, hollandaise on housemade muffin with sage potatoes — €10.95

EGGS AVOCADO

2 poached eggs & avocado on Tartine sourdough w/sage potatoes & garlic oil— €8.50

EGGS BERBER

eggs poached in Moroccan spiced tomato Sauce with Tartine sourdough  — €8.50

HOUSEMADE PANCAKES

w/  greek yoghurt, berries and maple syrup  — €8.95

BRUNCH EXTRAS (available only with mains above)

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Bacon — €1.50

Eggs — €1.50

Toast — €1.50

Sage Potatoes — €2.50

Avocado — €2

Housemade Beans — €2.50

Merguez Sausage — €2.50

FX Buckley Jumbo Sausage —€2.50