

BREAKFAST

MENU

Morning Toast €3.80

*Choice of brown soda bread from our bakery
Cuthbert's white or brown toast or gluten free bread,
served with Irish butter & preserves (V) (GFA) 4, 4a, 13*

French Toast €9.90

*Toasted brioche, coated in free range eggs
and pan fried until golden, served with mixed
berries and maple syrup. (V) (GFA) 1, 4a, 13*

Add bacon €3.50

Avocado Toast with Poached Egg & Dukkah €9.90

*Creamy mashed avocado, poached egg, and Middle
Eastern dukkah spice on toasted soda bread.
1, 4a, 4c, 5c, 10*

Eggs Benedict €12.50

*Clonakilty cured bacon, free range poached eggs
topped with hollandaise sauce, served on toasted
sourdough bread (GFA) 1, 7, 13*

Eggs Florentine €12.50

*Toasted Cuthbert's sourdough, wilted baby spinach,
poached free range eggs & hollandaise sauce. (V) 1, 4a,
7, 13 Add smoked salmon*

€3.50

DIY Scrambled Eggs €8.50

"Free range" Irish eggs with grilled stem cherry tomatoes.

*Choose any two of our toppings - chorizo - spinach -
smoked salmon mushroom - bacon or sausage - clonakilty
black pudding (V) (GFA) 1, 4a, 13.* €3.50

Breakfast Omelette

€11.50

Made with free range eggs and a choice offillings:
Choose from Kellehers ham, sautéed mushrooms,
tomatoes, Irish cheddar or onions, served with
Cuthberts toast & Irish butter (GFA) 1, 13

Blue Haven Gourmet Full Irish Breakfast

€12.50

Free range eggs, Clonakilty cured bacon, Clonakilty
sausages & black pudding, sautéed mushrooms,
potato hash browns, baked beans and grilled
cherry vine tomatoes, served with Cuthbert's toast
& Irish butter (GFA) 1, 4a, 4c, 9, 13

Clonakilty Black Pudding Hash

€12.50

Sautéed potatoes, onions, peppers, and Clonakilty
black pudding topped with soft poached eggs 1, 4c, 7, 9

Sautéed Wild Mushrooms on Toast

€12.50

Herby wild mushrooms in garlic butter served on
toasted sourdough with poached eggs 1, 4a, 7, 13

Grilled Halloumi & Tomato Stack

€12.50

Pan-seared halloumi with roast tomatoes topped with basil
pesto, served on brown bread, poached eggs. 1, 4a, 4c, 5d,
13

Shakshuka

€12.50

Poached eggs in a rich tomato, pepper, and cumin
sauce, served with warm sourdough. 1, 4a

Fluffy Pancakes

€8.50

2 pancakes with a choice of bakedin fruit. Choose from:
blueberry, strawberry, raspberry or banana (V) 1, 4a, 13

<p>Breakfast Omelette</p> <p>Made with free range eggs and a choice offillings:</p>	<p>€11.50</p>
<p>Breakfast Burrito</p> <p>Scrambled eggs, spiced chorizo, baked beans, cheddar, salsa roja, and guacamole wrapped in a warm tortilla. 1, 4a, 7, 9, 13, 14</p>	<p>€10.90</p>
<p>Choose one of the following:</p> <p>Freshly baked sweet& savoury scones & pastries plain or fruit served with fresh Irish cream, Irish butter & strawberry jam 1,4,7 Croissants served with fresh Irish cream, Irish butter and strawberry jam 4</p>	<p>€3.60</p>
<p>Selection of freshly baked cakes</p>	<p>€4.20</p>

HEALTHY OPTIONS

<p>Organic natural yoghurt</p> <p><i>finished with mixed berrycompote (GF) (V)4c,13, dairy free available</i></p>	<p>€5.50</p>
<p>Fruit Bowl</p> <p><i>Served with yoghurt and honey (GF)(V)</i></p>	<p>€6.50</p>
<p>Traditional Organic Irish Oatmeal Porridge</p> <p><i>Finished with berry compote and honey (V)</i></p>	<p>€6.50</p>
<p>Blue Haven Granola</p> <p><i>Served with organic natural yoghurt and seasonal compote (V)</i></p>	<p>€5.50</p>
<p>Clonakilty cured bacon, Clonakilty sausages, roasted mushrooms, grilled tomatoes, smoked salmon, baked beans, potato hash browns, Clonakilty black pudding</p>	<p>€3.50</p>

Allergens

Please be aware our kitchen contains nuts, gluten & dairy. Please make your server aware of any allergens 1.Eggs 2.Fish 3.Peanut 4.Gluten 4a.Wheat 4b.Spelt 4c.Oat 5.Nuts 5a.Almonds 5b.Cashew 5c.Hazelnut 5d.Pine nut 5e.Walnut 5f.Pistachio 6.Crustaceans 7.Sulphur Dioxide & Sulphates (used as a preservative) 8.Celery 9.Mustard 10.Sesame seeds 11.Lupin 12.Molluscs 13.Milk 14.Soy (V)Vegetarian (GFA) Gluten free option



Brunch & Lunch Menu

STUFFED FRENCH TOAST | €13.50

Brioche french toast stuffed with blueberry compote and nut crumble 1,4a,13

DUKKAH SPICED AVOCADO TOAST | €11.50

Smashed avocados with Dukkah spice topped with cherry tomatoes, balsamic glaze & radishes (GFA) 1,2,4a,7

Add smoked salmon €4.50 or poached egg €3.50

EGGS BENEDICT | €12.50

Clonakilty cured bacon, free range poached eggs topped with hollandaise sauce (GFA) 1,7,13

EGGS FLORENTINE | €12.50

Toasted Cuthbert's sourdough, wilted baby spinach, poached free range eggs & hollandaise sauce (v) 1,4a,7,13
Add smoked salmon €4.50

CRUNCHY CHICKEN SANDWICH | €16.50

Spiced slaw, siracha mayo on white bread served with fries 1,4a,13

WEST CORK FISHCAKE | €13.50

with hollandaise, rocket leaves, parmesan, poached eggs & tender stem broccoli 1,4a,7

FISH TACOS | €19.50

Battered fish goujons on a floury tortilla wrap, corn and tomato salsa, lime, garlic aioli & chips 1,2,4a,7,9

TOASTED SPECIAL | €13.50

Made with baked ham, cheese, tomato & red onion marmalade. Served with chips on the side 4a,7,13

CRISPY CHICKEN CURRY BOWL | €14.50

Panko-fried McCarthy Meats chicken with rice, pak choi, curry sauce, fried egg and scallions. Make it vegetarian with organic tofu 1,7,9,13,14

SEASONALLY INSPIRED SOUP OF THE DAY | €7.50

Served with daily baked soda bread

BLUE HAVEN SEAFOOD CHOWDER (GFA) | €12.50

Made with salmon, hake and smoked haddock served with daily baked soda bread | 1,2,7,8,13

PRAWN PILL PILL | Starters €15.50 Mains €20.00

Atlantic prawns with garlic, chili, spring onion, smoked paprika & olive oil. Served with toasted sourdough 4a,6,7

ROARING WATER BAY MUSSELS | Starters €13.00

Mains €20.50

Mussels cooked in a white wine cream sauce, served with garlic sourdough bread 4a, 7,8,12,13

BLUE HAVEN CHICKEN WINGS | Starters €12.90

Mains €18.50

Finished in a fiery hot sauce, served with blue cheese dip 7,8,9,13

FISH & CHIPS | €21.50

Beer battered fresh West Cork haddock coated in Kinsale Pale Ale beer batter with mushy peas, tartar sauce & lemon wedge 1,2,4a,7,9

4 OZ IRISH ANGUS CHEESEBURGER | €14.50

Served with Irish cheddar and smoked bacon on a toasted bun with chips on the side. 1,4a,7,13

CHICKEN CAESAR SALAD | € 19.50

Baby gem tossed in homemade Caesar dressing, crispy bacon, anchovies, Parmesan and garlic croutons | 1,2,4a,7,9

SMOKED SALMON AND PRAWNS| €16.50

union hall smoked salmon, prawn cocktail, pickles, on homemade soda bread, with sauce Marie Rose 1,2,4a,7,9,13

1. Eggs 2. Fish 3. Peanut 4. Gluten 4a. Wheat 4b. Spelt 4c. Oat 5. Nuts 5a. Almonds 5b. Cashew 5c. Hazelnut 5d. Pine Nut 5e. Walnut 5f. Pistachio 6. Crustaceans 7. Sulphur Dioxide & Sulphites (Used as a preservative) 8. Celery 9. Mustard 10. Sesame seeds 11. Lupin 12. Molluscs 13. Milk 14. Soy (V) Vegetarian (GFA) Gluten Free option available (GF*) Contains NO flour in recipe but flour is used in the kitchen. Please be aware that our kitchen contains nuts, gluten & dairy. Please make your server aware of any allergies.

DESSERTS

STICKY TOFFEE | €8.00

Rich datespongewith toffeesauceandserved with
vanilla ice cream 1,4,14

CHAI TIRAMISU | €8.00

Layers of whippedMascarponeand homemade sponge
soakedinChaisyrup 1,4a,13

GLUTEN FREE MUDPIE | €8.00

Rich,fudgychocolate piepairedwithsmoothchocolate
ice cream 1,5a,13

BLUE HAVEN SUNDAE (GFA) | €9.50

Served withchocolate brownie pieces, Belgian waffles,
Black Forest cherries, double chocolate caramel &
vanilla ice cream, vanilla bean whipped cream, chocolate
shavings & chocolate sauce. 1,4a,13

Starters

Kids Soup of the day (GFA)

€3.70

Served with daily baked
soda bread 4a, 8, 13

Seafood Chowder (GFA)

€4.00

Served with daily baked
soda bread 1, 2, 7, 8, 13

Garlic Ciabatta

€3.00

With or without mozzarella 4a, 13

Selection of Juices & Minerals

from €3.00

Please ask your server

Mains

Penne Pasta

€6.00

Served with tomato sauce and
parmesan cheese 1, 4a, 7, 13

Mini Fish & Chips in a Basket

Crispy battered fresh fish & lemon
wedge 1, 2, 4a

4oz Beef burger

€8.00

Served in a brioche bun with Irish
cheddar and chips 1, 4a, 7, 13

Sausages and Mash

100% Irish pork sausages with creamy
mashed potatoes, green garden peas &
gravy 4a, 7, 8, 13

€8.00

Desserts

Strawberry Ice Cream Sundae

€4.50

With strawberry & vanilla ice cream,
fresh strawberries, whipped cream
and toasted almonds 5a, 13

Raspberry Jelly & Ice Cream

€4.50

Served with raspberries & vanilla
ice cream 13

Blue Haven Mini Chocolate Cake

€4.50

With chocolate sauce & vanilla
ice cream 1, 5a, 13

Kids Ice Cream Selection

€4.50

Choose 2 from:

vanilla, caramel, strawberry, chocolate,
raspberry sorbet 13

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