

# 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&amp; savoury scones &amp; pastries plain or fruit served with fresh Irish cream, Irish butter &amp; 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

# THE BLUE HAVEN

## Bar & Bistro

### Starters

#### PRAWN PIL PIL | €15.50

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

#### HOMEMADE LEMON & THYME HUMMUS (GFA) | €9.00

With Macroom Feta crumbs, pickles and croutes | (V) (GFA) 4a,7,0,13

#### ORGANIC GARRYHINCH WILD MUSHROOM TART | €12.50

Made with sautéed wild mushrooms baked in a homemade tart. Served with grated Parmesan cheese & arugula salad | 1,4a,7,13

#### SEASONALLY INSPIRED SOUP OF THE DAY (GFA) | €7.50

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

#### BLUE HAVEN SEAFOOD CHOWDER (GFA) | €12.50

Made with West Cork salmon, hake and smoked haddock. Served with freshly baked soda bread | 1,2,7,8,13

#### ROARING WATER BAY OYSTERS | €11.50

Three oysters sourced from Roaring Water Bay in West Cork, with chives, shallots & a chilli vinaigrette | 7,12

#### FRESH IRISH CRAB BRUSCHETTA | €15.50

Served with lemon aioli on grilled sourdough bread with grapefruit salad. | 1,4a,6,7,13

#### ROARING WATER BAY MUSSELS | Starters €13.00

Mains €20.50

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

#### BLUE HAVEN CHICKEN WINGS (GF) \* | €12.90

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

#### FREE-RANGE CHICKEN LIVER PATÉ (GFA) | €13.50

Served with in house red onion marmalade & toasted brioche | 4a,5c,7,13

## The Blue Haven Seafood Tower

Seafood Tower for 2 | €55

Irish crab salad, Rossmore oysters, Atlantic prawn cocktail, Union Hall smoked salmon, Roaring Water Bay mussels, Goatsbridge trout roe, homemade soda bread and butter, charred lemon and chips  
(1,2,4a,6,7,12,13,14)

### Mains

CATCH OF THE DAY | Market Price (Ask Server) Served with mash & seasonal veg (13,14)

#### CHICKEN CAESAR SALAD (GFA) | €19.50

Served with baby gem lettuce tossed in homemade Caesar dressing, West Cork crispy bacon, anchovies & garlic croutons | 1,2,4a,7,9

#### BRAISED BEEF WITH GREMOLATA & SHALLOTS (GF) | €27.50

12 Hour slow cooked Irish beef with creamy mash potatoes, red wine jus, seasonal vegetables, confit shallots & gremolata | 7,8,13

#### UNION HALL PAN FRIED COD (GF) | €28.00

Pan fried cod served with creamy mash, vegetables & lemon beurre blanc 2,7,13

#### FREGOLA PASTA WITH ATLANTIC PRAWNS | €27.00

Cherry tomatoes, olive oil, chilli, Parmesan, with broccolini. | 1,4a,6,7,13

#### HERB ROASTED IRISH CHICKEN BREAST (GF) | €26.50

Roasted chicken breast served with creamy mash, chicken & tarragon veloute & a side of seasonal vegetables | 7,13

#### FISH & CHIPS (GFA) | €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

#### IRISH BLACK ANGUS BURGER (GFA) | €21.50

Smoked West Cork streaky bacon, cheddar cheese, Kinsale Horizon Farm leaves, onion rings, tomato relish & Sriracha mayonnaise. Served on a brioche bun with a side of house slaw & chips | 1,4a,7,9,13 (Up to 20 mins cooking time)

#### FREGOLA PASTA WITH MACROOM BURRATA | €24.00

Cherry tomatoes, olive oil, chilli and Parmesan 1,4a,7,13

#### SEAFOOD KORMA | €24.50

Atlantic prawns, diced West Cork salmon and haddock, simmered in an aromatic coconut & cardamom curry sauce. | 2,6

#### CHICKEN TIKKA | €23.50

Marinated succulent pieces of Irish chicken, simmered in an aromatic creamy cardamom & cashew curry sauce 1,4a,13,5b

#### CHICKPEA & TOFU CURRY | €21.50

Marinated chickpeas & cubes of organic West Cork tofu, tossed in a coconut curry sauce. | 14

## Healthy Options

#### ZESTY SALMON BOWL | €23.50

Grilled salmon fillet served over a bed of quinoa and baby spinach. Accompanied by roasted broccoli and finished with a house-made citrus-herb vinaigrette. | 2, 7, 9

#### MEDITERRANEAN CHICKEN | €21.50

Lemon-infused roasted chicken breast paired with grilled courgette, sweet bell peppers, and cherry tomatoes. Served with olives and a cool, creamy tzatziki. | 9,13

#### VELVET COCONUT & TURKEY CURRY | €21.50

A warming, aromatic blend of tender turkey in a rich coconut milk and toasted almond sauce. Served with crisp steamed bok choy and jasmine rice. | 5a

#### THE WINTER BUDDHA BOWL | €21.50

A rainbow of roasted sweet potato, protein-rich chickpeas, and mixed beans on a bed of kale. Topped with pickled red cabbage, pumpkin seeds and a tahini-lemon drizzle. | 7,9,10

#### GINGER-TERIYAKI TOFU | €18.50

Golden crispy tofu with fresh bok choy, crunchy peppers, carrots, and mushrooms in a ginger-teriyaki glaze. Served with brown rice. | Vegan | 14

#### SPICED BUTTERNUT & RED LENTIL DHAL | €16.50

Slow-simmered butternut squash and protein-packed lentils infused with spices. Served with a side of brown rice. | Vegan

### Sides | €5.50

BEER BATTERED ONION RINGS | 4a,7

CHIPS | 7

MINI CAESAR SALAD | 1,2,4a,7,9

BABY POTATOES | 13

PILAF RICE

MASHED POTATOES | 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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