



Served until 12 noon
Please take a seat and
order at the counter!

MORNINGS!

PANCAKES & WAFFLES

Our pancakes are made to order from our secret recipe, served thick and fluffy American style. All orders can be made as American pancake stack or Belgian waffle.

TRADITIONAL (1 - WHEAT, 3, 6, 7)

€7.20

Our American pancake stack or Belgian Waffles served with your choice of lemon & sugar or our 100% Canadian maple syrup.

NUTELLA (1 - WHEAT, 3, 5 - HAZELNUTS, 6, 7)

€7.20

Our American pancake stack or Belgian Waffles served with a portion of Nutella, add a chocolate sauce too, just ask your server!

BERRIES & CREAM (1 - WHEAT, 3, 6, 7)

€9.80

Fresh blueberries and strawberries served with a strawberry sauce and fresh cream.

BANOFFEE (1 - WHEAT, 3, 6, 7)

€9.80

A firm favorite! Our Banoffee pancakes and waffles are served with fresh banana and whipped cream along with a toffee and chocolate drizzle.

CHOCOLATE CHIP (1 - WHEAT, 3, 6, 7)

€9.80

A firm favorite! Pancakes or waffles with chocolate chips, chocolate sauce and fresh cream.

HOT BREAKFAST

We use the finest ingredients from local butchers Finnerty's in Oughterard as well as free range eggs and our own in house baked breads.

WILDLANDS GRILL (1 - WHEAT, OATS, BARLEY, 3, 7)

€14.90

Two sausages, two smoked bacon, two poached eggs, fried potato, black & white pudding with our own tomato relish and treacle brown bread

WILDLANDS MINI GRILL (1 - WHEAT, OATS, BARLEY, 3, 7)

€11.90

One sausage, one smoked bacon, one poached egg, fried potato, black or white pudding with our own tomato relish and treacle brown bread

POACHED EGGS (1 - WHEAT, 3, 7, 10, 11)

€12.90

Two Poached free range eggs and avocado with tahini dressed leaves on treacle brown bread and a raspberry drizzle

ACAI BOWLS (6)

Our Acai bowls are all made to order. You can choose your unique Acai bowl, by selecting the size, add your base and choose your toppings. All our ingredients are locally sourced and freshness guaranteed!

- 1. CHOOSE YOUR SIZE** **SMALL (80Z) €7.30, MEDIUM (120Z) €9.40**
- 2. CHOOSE YOUR BASE** Pink Pitaya, Mango Mash or Acai (6)
- 3. ADD YOUR TOPPINGS - PICK 5 TOPPINGS**

Strawberry & Vanilla granola	Blueberries	Banana Chips	Pumpkin Seeds	Honey
Nutty Crunch granola (8)	Banana	Desiccated Coconut	Almonds (8 - ALMONDS)	Agave Syrup
	Strawberries			Cinnamon

ALMONDS, PEGANS, HAZELNUTS

LIGHT BITES

FRESHLY BAKED SCONES (1 - WHEAT; OATS, 3, 7) €3.40

Our very own baker, Mary, makes our scones fresh each morning. Choose from Plain, Fruit, Porridge or Raspberry & Coconut. Served with a choice of Jam, Butter or Fresh Cream.

YOGURT, FRUIT AND GRANOLA POT (1 - WHEAT; OATS, 3, 7, 8) €5.20

Muddled fruits topped with Irish yogurt and finished with berries and honey

COFFEE

We pour the "Great Taste Award" winning Fixx Coffee.
All our coffees are made with a double shot of espresso

ESPRESSO	€3.05	HOT CHOCOLATE & MARSHMALLOWS (7)	€4.00 + .70c
MACCHIATO (7)	€3.75	KIDS HOT CHOCOLATE (7)	€3.05
AMERICANO	€3.75	FLAVOURS/EXTRA SHOT/	
CAPPUCCINO/LATTE (7)	€4.10	SOYA (6) / ALMOND (8 - ALMONDS) / OAT MILK	.70c
MOCHA (7)	€4.30	LYONS TEA	€3.30
FLAT WHITE (7)	€3.90	SOLARIS HERBAL TEA	€3.75
CHAI LATTE (7)	€4.10	IRISH COFFEE (7)	€8.30

ALLERGEN MENU GUIDE

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| 1. GLUTEN | 6. SOYBEANS | 11. SESAME SEEDS |
| 2. CRUSTACEANS | 7. MILK | 12. SULPHUR DIOXIDE & SULPHITES |
| 3. EGGS | 8. NUTS | 13. LUPIN |
| 4. FISH | 9. CELERY | 14. MOLLUSCS |
| 5. PEANUTS | 10. MUSTARD | |

 VEGAN	 AVAILABLE VEGAN Please ask your server for details
 VEGETARIAN	 AVAILABLE GLUTEN FREE Please ask your server for details
 GLUTEN FREE	

While we do our utmost to avoid cross contamination, all items may contain traces of allergens above including nuts and gluten. Please inform us of any allergens or dietary requirements on ordering.