



THE
BEDFORD

BREAKFAST MENU

BREAKFAST

THE BEDFORD LIMERICK BREAKFAST

HANDMADE SAUSAGE, SMOKED STREAKY BACON, EGGS, WHITE & BLACK PUDDING, MUSHROOMS, BEANS, SOURDOUGH. INCLUDES TEA/COFFEE ^{1,3,7,12} €14.95

THE BEDFORD LIMERICK MINI BREAKFAST

HANDMADE SAUSAGE, SMOKED STREAKY BACON, EGG, WHITE OR BLACK PUDDING, BEANS, SOURDOUGH. INCLUDES TEA/COFFEE ^{1,3,7,12} €10.95

THE BEDFORD VEGETARIAN BREAKFAST

CLONAKILTY VEGETARIAN PUDDING, EGGS, MUSHROOMS, SPINACH, GRILLED TOMATO, HOMEMADE GUACAMOLE, BEANS, SOURDOUGH. INCLUDES TEA/COFFEE ^{1,3,7,12} €14.95

THE EGGS CORNER

EGGS BENEDICT

POACHED EGGS, SOURDOUGH & HOMEMADE HOLLANDAISE SAUCE ^{1,3,7,12}

CHOICE OF:
LIMERICK HONEY GLAZED HAM ^{1,3,7,12} €12.50
IRISH SMOKED SALMON ^{1,3,4,7,12} €14.00

EGGS FLORENTINE

POACHED EGGS, SOURDOUGH, SPINACH, HOMEMADE HOLLANDAISE SAUCE ^{1,3,7,12} €11.50

ADD IRISH SMOKED SALMON ^{1,3,4,7,12} €5.00

EGGS & AVOCADO

SOURDOUGH TOPPED WITH HOMEMADE GUACAMOLE, POACHED EGGS, FETA & CHILLI FLAKES (VEGAN OPT. AVAILABLE) ^{1,3,7,12} €11.50

EGGS & BACON

EGGS (POACHED/FRIED/SCRAMBLED), SMOKED STREAKY BACON SERVED ON SOURDOUGH ^{1,3,7,12} €9.90

THE SWEET STUFF

AMERICAN STYLE PANCAKES

HOMEMADE BUTTERMILK PANCAKES - CHOICE OF TOPPINGS:

MAPLE SYRUP ^{1,3,7} €9.90
SMOKED STREAKY BACON & MAPLE SYRUP ^{1,3,7} €12.90
SEASONAL FRUIT & MAPLE SYRUP ^{1,3,7} €12.50
NUTELLA, BANANA & CREAM ^{1,3,6,7,8} €13.50

FRENCH TOAST OR BELGIAN WAFFLES

CHOICE OF TOPPINGS:

MAPLE SYRUP ^{1,3,7} €10.90
SMOKED STREAKY BACON & MAPLE SYRUP ^{1,3,7} €13.90
SEASONAL FRUIT & MAPLE SYRUP ^{1,3,7} €13.50

CROISSANT MELT

CROISSANT, SMOKED CHEDDAR & STREAKY BACON SERVED WITH ROCKET ^{1,3,7,12} €8.50

THE BEDFORD BURRITO

FLOUR TORTILLA FILLED WITH EGGS, CHORIZO, HOMEMADE GUACAMOLE, TOMATO & SMOKED CHEDDAR ^{1,3,7,12} €13.50

TRY OUR FRESH PASTRIES MADE DAILY!

THE BEDFORD PROUDLY SUPPORTS IRISH & LOCAL LIMERICK SUPPLIERS.

ALLERGENS CODE:

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

BREAKFAST BOWLS

SUNRISE BOWL

MANGO BOWL WITH HONEY INFUSED NATURAL YOGHURT, COCONUT, TOASTED ALMONDS, HOMEMADE GRANOLA & BLUEBERRIES ^{1,6,7,8,11,12} €10.95

AÇAÍ BERRY BLISS BOWL

STRAWBERRY & BANANA AÇAÍ BOWL, FRESH BERRIES, COCONUT, GRANOLA & NUTELLA ^{1,6,8,11,12} €10.95

AÇAÍ POWER BOWL

STRAWBERRY & BANANA AÇAÍ BOWL, PEANUT BUTTER, BANANA, GRANOLA & CHIA SEEDS ^{1,5,6,8,11,12} €10.95

IRISH PORRIDGE

SLOW COOKED JUMBO IRISH OAT FLAKES, HONEY, BLUEBERRIES & WALNUTS ^{1,7,8} €6.90

OVERNIGHT OATS

JUMBO IRISH OAT FLAKES, INFUSED WITH HONEY, BLUEBERRIES, WALNUT & CHIA SEEDS ^{1,7,8} €6.90

THE BEDFORD GRANOLA

HONEY ROASTED OAT FLAKES, DRIED FRUITS, NUTS & SEEDS, IRISH YOGHURT & HONEY ^{1,6,7,8,11,12} €7.90

ADD ONS:

SMOKED STREAKY BACON €4.00
SAUSAGE ^{1,12} €4.00
GUACAMOLE €4.00
IRISH SMOKED SALMON ⁴ €5.00
MUSHROOMS ^{7,12} €3.00
SEASONAL FRUIT €4.00
NUTELLA ^{6,8} €2.00
NO ADDED GLUTEN BREAD ⁵ €2.00



@THEBEDFORDRESTAURANT



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