

# THE COMPLETE BREAKFAST

AT **Seed**  
FLAVOURFUL MOMENTS

**€19.50 P.P**

Select 1 from each option

## HOT FAVOURITE OPTIONS

### EGGS BENEDICT

Poached eggs on an English muffin with bacon,  
dressed with hollandaise sauce

### EGGS ROYALE

Poached eggs on an English muffin with smoked  
salmon and chives,  
dressed with hollandaise sauce

### 'DUCK PROSCIUTTO' EGGS BENEDICT

Poached eggs on an English muffin with duck  
prosciutto and celeriac remoulade,  
dressed with hollandaise sauce

### OMELETTE

To choose from ham, cheese, bacon,  
mushroom or smoked salmon

### COOKED PORRIDGE

Berry compote and almonds

## HEALTHY OPTIONS

### EGG WHITE OMELETTE

To choose from ham, cheese, mushroom,  
or smoked salmon

### WHOLE MEAL CREPE, RICOTTA PESTO AND PINE NUTS

### WHOLE MEAL LOAF, AVOCADO, SMOKED SALMON, DILL

### WET POLENTA, WILD MUSHROOM AND DATES

Kindly inform us if you have any dietary requirements  
or if you suffer from any food allergies