



# Breakfast Menu

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Zest Café, School Road, Killorglin, Co. Kerry  
Tel: 066 9790303 | Email: [info@zestcafe.ie](mailto:info@zestcafe.ie)

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☺ — Smoothies — ☺

**Breakfast Smoothie** Banana, Orange Juice, Pineapple, Granola and Low Fat Pro Biotic Yoghurt....  
Yummy and Healthy **€5.95**

**Zest Of Life** Strawberries, Raspberries, Blueberries, Orange Juice and Low Fat Pro Biotic Yoghurt **€5.95**

**Pink Passion** Strawberries, Banana, Orange Juice and Low Fat Pro Biotic Yoghurt **€5.95**

**Caribbean Dream** Pineapple, Mango, Banana and Orange Juice and Low Fat Pro Biotic Yoghurt **€5.95**

**Super Matcha** Matcha Green Tea Powder, Pineapple, Mango, Spinach, Banana, Low Fat Yogurt and Chia Seeds **€6.50**

**Please note: The Yoghurt used in our Smoothies may contain traces of Peanuts and Nuts**

☺ — Superfood Bowls — ☺

**Organic Matcha Green Tea Superfood Bowl** Blended Spinach, Banana, Organic Matcha Green Tea Powder, Pineapple, Mango, low fat Natural Frozen Yogurt, bee pollen and zest homemade crunchy Granola with Goji Berries **€7.50**

**Organic Acai Superfood Bowl** Blended strawberries, blueberries, raspberries, cranberries, banana, organic acai low fat natural frozen yogurt, bee pollen and homemade crunchy granola with goji berries **€7.50**

☺ — Irish Breakfast — ☺

**Full Irish Breakfast** Grilled Bacon, Sausages, Fried Egg, Black & White Pudding, Grilled Tomato served with Tomato Relish, Toast **€11.95**

☺ — Eggs Benedict — ☺

Two Poached Eggs on a Toasted English Muffin with Hollandaise Sauce, Rocket and Grilled Tomatoes served with Grilled Bacon or Smoked Salmon **€11.95**

☺ — Baked Eggs — ☺

Served with toasted sourdough bread or toasted homemade brown bread

**Baked eggs with chorizo**, tomato relish, red onion, tomato and goat cheese **€11.95**

**Baked eggs with smoked salmon**, rocket, parmesan and red onion marmalade and lemon zest **€11.95**

**Baked eggs with bacon**, cheddar cheese, tomato and onion with tomato relish **€11.95**

☺ — French Toast — ☺

**French Toast** Rich toast with crispy bacon and maple syrup **€10.95**

☺ — Avocado Toast — ☺

**Avocado Toast** Smashed avocado with poached eggs, tomato relish, rocket and balsamic glaze **€12.95**

☺ — Pancakes — ☺

Homemade American style pancakes with crispy bacon and maple syrup **€10.95**

☺ — Kids Breakfast — ☺

2 Sausages or 2 Bacon or Sausage and Bacon with Toast **€5.95**

Mini French Toast with Crispy Bacon and Maple Syrup or with Banana and Maple Syrup. **€6.95**

☺ — Beverages — ☺

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<b>Americano</b>	<b>€2.95</b>	<b>€3.25</b>
<b>Cappuccino</b>	<b>€3.25</b>	<b>€3.50</b>
<b>Latte</b>	<b>€3.25</b>	<b>€3.50</b>
<b>Tea</b>		<b>€2.75</b>
<b>Herbal Tea</b> Wild Berry, Peppermint, Camomile, Earl Grey, Green Lemon Verbena, Green Tea		<b>€3.25</b>
<b>Espresso</b>	<b>€2.75</b>	<b>€3.00</b>
<b>Matcha Green Tea Latte</b>		<b>€3.25</b>
<b>Hot Chocolate</b> /Mint Choc Hot Chocolate with Marshmallows		<b>€3.50</b>
<b>Vanilla Chai Latte / Spiced Chai Latte</b>		<b>€3.75</b>
<b>Mocha Latte</b>		<b>€3.75</b>
<b>Hazelnut / Vanilla /Caramel/ Mint/Cinnamon Latte</b>		<b>€3.75</b>
<b>Cold Drinks</b> Coke, Diet Coke, Sprite, Fanta		<b>€2.95</b>
<b>Mineral Water Sparkling &amp; Still Water</b>		<b>€2.95</b>

☺ — Iced Coffee — ☺

**Iced Coffee** Mocha, Mint Choc, Caramel, Spiced Chai and 50c per shot of Espresso **€3.95**

**Iced Coffee Frappuccinos** Cookies'n'Cream, Mocha, Mint Choc **€4.95**

For a menu displaying  
all the allergens please ask a member of staff  
who will be delighted to assist you.