

Welcome to



**OPEN 7 DAYS**

**BREAKFAST**

8am - 11.30am

**LUNCH**

12pm - 5pm



Follow us on Instagram and Facebook



@blasatthegateway

Email: blasrestaurant4@gmail.com

**ALL OUR DISHES ARE AVAILABLE FOR TAKEAWAY**

Phone your order ahead

**Tel: 074 97 23011**

All tips are divided amongst all staff

# Breakfast at Blas

8am - 11.30am

## Cereal €3.00

Weetabix / Cornflakes / Rice Krispies (1)

## Greek Style Yoghurt Bowl €9

Granola, chia seeds, seasonal fruits and honey (1,3,7)

## Irish Porridge Oats €8.00

Choice of: fresh berries and honey (1,7)

**or**

peanut butter and banana (1,8)

## \* Blas Breakfast €15.00

2 bacon, 2 sausages, mushroom, grilled tomato, black & white pudding, baked beans, 2 eggs of your choice (1,3,6,7,12)

## \* Mini Breakfast €13.00

1 bacon, 1 sausage, mushroom, grilled tomato, black & white pudding, baked beans, 1 egg of your choice (1,3,6,7,12)

## \* Vegetarian Breakfast €13.00

Toasted sourdough bread with crushed avocado, Moroccan falafel, roasted baby potatoes, mushrooms, chargrilled vegetables and red onion relish roll, tomato chutney (1,3,6,12)

Add 2 Eggs of your choice €2.00

*\* Blas/Mini/Vegetarian Breakfast comes with toast and tea or filter coffee.*

(Add any additional item for just €1.00 each)

## Classic Blas Pancakes €13.00

Red berries, Dulce de Leche mascarpone, crispy bacon, maple flavoured syrup (1,3,6,7)

## Blas Buttermilk Biscoff Pancakes €13.00

Fresh banana and milk chocolate and biscoff sauce, crispy bacon and biscoff crumb served with fresh cream and maple syrup (1,3,6,7)

## Crushed Avocado €13.00

Served on sourdough bread, soft poached eggs, baked cherry tomatoes, coriander cress, finished with cracked chilli salt, served with a side of sweet chilli and tomato relish (1,3)

## French Toast €13.00

On brioche, crispy bacon, fresh berries, fruits of the forest compote, Dulce de Leche mascarpone, maple flavoured syrup (1,3,6,7)



Gluten free  
available on request

**ALLERGEN INFORMATION: 1 Cereals, 2 Crustaceans, 3 Eggs, 4 Fish,**  
**5 Peanuts, 6 Soybean, 7 Milk, 8 Nuts, 9 Celery, 10 Mustard,**  
**11 Sesame, 12 Sulphur Dioxide, 13 Lupin, 14 Molluscs.**



Vegan  
available on request

# Breakfast at Blas

8am - 11.30am

## Blas Platter €16.00

*Choose two of the following:*

Greek style yoghurt, porridge (choose toppings),  
classic Blas pancakes, French toast,  
crushed avocado, Blas boxty

## Blas Boxty (Traditional potato pancake) €13.00

Potato pancake topped with soft poached eggs, crispy streaky bacon,  
black pudding, served with a smoked bacon and onion jam,  
and chipotle hollandaise (1,3,6,7,12)

## Three Eggs Omelette €13.00

*Choose 3 fillings: (3,6,7)*

Bacon/onion/mushroom/grated cheese/  
tomato/goat cheese/spinach

(Add any additional item for just €1.00 each)

# Kiddie Breakfast

€7.00

## Kiddie Fry

1 sausage, 1 bacon, baked beans,  
1 egg of your choice (1,3,6,7)

## Kiddie Pancake

Maple syrup/Nutella and fresh berries (1,3,6,7)  
Add crispy bacon €1.00

## Kiddie French Toast

Fresh berries and Nutella/maple syrup (1,3,6,7)  
Add crispy bacon €1.00

## Breakfast Sandwich

Bacon or sausage or both,  
butter and red sauce (1,6,7)



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# Lunch at Blas

12pm - 5pm

## Small Bites

### Killybegs Fish Cakes €14.50

Served with dill & lemon zest mayo, pickled vegetables and Blas side salad (1,3,4,6,7,12)

### Warm Goat's Cheese Tartlet €14.50

Served in a flaky pastry, red onion marmalade, poached pears, sprinkled with crushed hazelnuts, Blas side salad and a beetroot ketchup served with a side of home-made wheaten bread (1,3,6,7,8,12)

### Calamari and Haddock Tacos €14.50

Served on charred tortillas, red cabbage slaw, crushed avocados, Sriracha sauce and coriander cress and Blas side salad (1,3,4,6,12)

### Home-made Soup of the Day €7.00

Served with home-made wheaten bread (1,3,6,7,9)

## Salads and Sandwiches

### "Healthy Bowl" €15.00

Quinoa-bulgur with mint and lemon dressing, roasted butternut squash, 3 beans salad with lime & coriander, pickled red onion, in-house dried tomatoes, char grilled veg rolls, roasted red pepper hummus, mixed leaves (1,3,6,7,11,12)

Choose one of the following

- Grilled chicken
- Moroccan falafel

Choose one of the following

- \* Brealed Brie
- \* Warm Goat's Cheese

### Prawn Stirfry €15.00

Egg noodles in teriyaki and rayu sauce, pickled vegetables, bean sprouts, fresh cherry tomatoes in ginger and saffron dressing (1,2,3,6,8,11)

### Blas "Pork Bao Buns" €15.00

Filled with in-house slow cooked pork shoulder with Hoisin and sesame glaze, crunchy Asian slaw, toasted sesame seeds and Sriracha; served with Blas salad and sweet potato fries (1,6,11,12)

### \*Blas Club Sandwich €15.00

Sourdough toasted, spiced chicken, bacon medallions, cheddar cheese, crispy onion, lettuce, tomato and garlic mayo (1,3,7,12)

### \*Vegetarian Focaccia €15.00

Chargrilled aubergine-courgette-red-pepper, red onion marmalade, rocket, goat's cheese, home-made tomato relish, in freshly baked focaccia bread (1,6,7,12)

 Vegan option with Moroccan falafel



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# Lunch at Blas

12pm - 5pm

## \*Blas Burrito €15.00

Grilled chicken fillet, Madras rice, red cabbage slaw, lettuce, crushed avocado and Blas chipotle spiced mayo (1,3,6,10,11,12)

**\* All sandwiches are served with Blas side salad garnish and a choice of soup or regular fries**

*Swap regular fries for sweet potato or garlic and parmesan fries for €2.50*

### Blas Side Salad

Mixed leaves, 3 bean salad, quinoa/bulgar with pickled red onions and red cabbage slaw (1,10,12)

## Large Bites

### CLASSIC "Blas" 5oz BURGER €19.00

Crispy bacon, lettuce, tomato, tobacco onions (1,3,6,7,9,10,12)

Choose your toppings:

- Smoked cheese or cheddar cheese
- Mayo, BBQ, red sauce, Blas burger sauce, Blas tomato relish

### Breaded Chicken Fillet Burger €18.00

Brushed with Korean Gochujang glaze, red cabbage slaw, rocket, fresh tomato and garlic mayo (1,3,6,7,8,10,12)

\* Burgers served on toasted brioche buns with a Blas side salad and fries

*Swap regular fries for sweet potato or garlic and parmesan fries for €2.50*

### Home-made Chicken Goujons €15.00

Served with regular fries, garlic mayo dip and Blas side salad (1,3,6,7,12)

### Open Steak Sandwich €20.00

Irish striploin of beef on garlic ciabatta, sautéed mushrooms, topped with crispy tobacco onions, fries and green peppercorn and brandy sauce served with tossed salad (1,6,7,9,12)

### Fresh Pasta Dish €17.00

Ask for the option of the day (1,3,6...)

 G.F. available

### Fish Of The Day €20.00

\* Please ask your server

### Meat Dish of the Day €21.00

\* Please ask your server



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# Lunch at Blas

12pm - 5pm

## Sauces

€1.50

Green peppercorn and brandy sauce | red wine gravy | garlic mayo | chipotle mayo | sweet chilli sauce | Blas tomato relish | Blas burger sauce

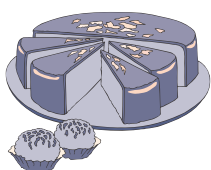
## Sides

€4.00

Seasonal vegetables | creamed potatoes | sweet potato fries | stealth fries | garlic and parmesan fries | Blas side salad | tobacco onions | garlic bread | garlic bread with cheese

All beef 100% Irish

## Desserts



### Cookie Dough Skillet €10.00

Kinder Bueno or salted caramel flavour (1,3,5,6,7)

Allow 15 minutes

### Marbled Red Velvet Brownie €7.50

Topped with white chocolate ganache, served with berries and fresh cream and white chocolate soil (3,6,7)

### Almond & Raspberry Tart €7.50

Served with cream or raspberry sorbet (6,8)

### Cheesecake of the Day €7.50

Ask server for today's flavour

### Caramelized Apple and Hazelnut Crumble €7.50

served with custard and fresh cream (1,7,8)

### Blueberry Muffin €4.50

Served with cream or ice cream (3,7)

### Freshly Baked Scones €4.50

Choice of Plain or Blueberry Scones (1,3,7)  
served with butter, jam and fresh cream



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# Smoothies

Smoothies €5.95

## Strawberry Split

Banana, strawberries and apple juice

## Pash and Shoot

Mango, pineapple,  
passion fruit with apple juice

## Berry Go Round

Strawberries, blackberries and  
raspberries with apple juice

## Hulk

Broccoli, spinach, pineapple,  
mango and banana with apple juice

# Soft Drinks

330ml

Coke / Diet Coke / Coke Zero €3.20

Sprite €3.20

Fanta orange €3.20

Appletiser – sparkling apple juice €3.20

Lucozade €3.50

Small sparkling water /still water €3.20

Large sparkling water and still water €4.90

Soda / tonic / slimline tonic / ginger ale €2.30

Apple juice €2.50/€3.00

Orange juice €2.50/€3.00

## Tea & Coffee

Americano..... €3.00

Short Americano..... €3.00

Espresso ..... €2.50

Double Espresso ..... €3.00

Flat White/Latte/Cappucino (7)..... €3.30

Chai Latte (7) ..... €3.55

Matcha Latte (7) ..... €3.80

Extra Espresso shot .....90c

Hot Chocolate (7) ..... €3.80

With marshmallow and cream

White Hot Chocolate (7) ..... €3.80

With marshmallows and cream

SYRUPS (8) .....60c

Vanilla/Caramel/Hazelnut

Tea ..... €2.50

Herbal Tea ..... €3.00

Peppermint/ Green Tea/ Camomile/ Berry/ Earl Grey

### MILK OPTIONS

Full fat/low fat milk

Almond/Soya/Coconut/Oat Milk .....50c