

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

Weetabix / Cornflakes / Rice Krispies (1)

Greek Style Yoghurt Bowl €9.95

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

Irish Porridge Oats €7.95 (1,7)

Choice of: fresh berries and honey
or
Raisins, toasted pumpkin seeds and honey

* Blas Breakfast €13.95

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

* Mini Breakfast €11.95

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

* Vegetarian Breakfast €11.95

Toasted sourdough bread with crushed avocado, vegan bulgar pattie,
cherry tomatoes, mushrooms, chargrilled vegetables,
red onion relish, tomato chutney (1,3,11,12)

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 €12.95

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

Lemon Curd Pancakes €12.95

Classic pancake served with lemon curd, crispy bacon,
fresh raspberries, fresh cream and raspberry coulis (1,3,7)

Crushed Avocado €12.95

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

French Toast €12.95

On brioche baguette, crispy bacon, fresh berries,
seasonal fruit compote, Dulce de Leche mascarpone,
maple flavoured syrup (1,3,7)



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 €13.95

Choose two of the following:

Greek style yoghurt, porridge (choose toppings),
classic Blas/lemon curd pancakes,
French toast, crushed avocado, Eggs Benedict

Eggs Benedict €11.95

Toasted sourdough bread, slow cooked ham hocks,
spinach, soft poached eggs, hollandaise sauce (1,3,7)

Three Eggs Omelette €11.95

Choose 3 fillings: (3,7)

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

(Additional fillings €1.00 each)

Kiddie Breakfast

€6.95

Kiddie Fry

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

Buttermilk Pancakes

Maple syrup/Nutella and fresh berries (1,3,7)

Add crispy bacon €1.00

Kiddie French Toast

Fresh berries and Nutella/maple syrup (1,3,7)

Add crispy bacon €1.00

Breakfast Sandwich

Bacon or sausage, butter and red sauce (1,3,7)



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