## MILO'S KITCHEN MON - FRI 8-3

## Sample Menu

Porridge slow cooked with oat milk 6
Choose 3 toppings below
chai poached pear (14) - honey - banana - cinnamon
oatmeal crumble (7)(15) - blackberry compote (14)
- hazelnut butter (10) - Greek yogurt (7) - dark chocolate
hazelnut and almond nut crumb (10)(13)(16)

\* Porridge available until 11am or until sold out

**Granola** blackberry compote, cinnamon oatmeal crumble, Greek yogurt 8
(7)(10)(12)(13)(14)(15) vegan option available

Overnight Oats chai poached pear, roasted hazelnut butter & dark chocolate hazelnut and almond nut crumb 8
(2)(10)(13)(14)(15)(16)(17) vegan

Milo's Toasted Banana Bread (2)(4)(7)(14) 6 served with our hazelnut butter (10) & honey

Toasted Firehouse Sourdough (2) 4.50 served with TBB Jam (14) & butter (7)

or

peanut butter (11) & honey +1

Eggs & Toast (2)(4) 7.50 choose from fried or scrambled +.50 add bacon +3.50 / avocado mash +3.50 / black pud (15) +4 / TBB hot sauce (14) +2

French Toast apple & cinnamon compote, fresh blackberries, cinnamon oat crumble, crushed pecans, brown butter crumb, lemon mousse & salted caramel on Milo's homemade brioche French toast 13.50 (2)(4)(7)(13)(14)(15)(18)

add bacon +3.50

Avo Toast avocado mash, confit cherry tomato, soft free range fried egg, feta, toasted sesame seed & hazelnut crumb with TBB hot sauce & lime on toasted Firehouse sourdough 13.50 (2)(4)(7)(10)(12)(14) vegan option available add an extra fried egg (4) +1.50 / check out our sides

**Brekkie Bap** soft free range scrambled egg, cheddar cheese, caramelised onion, streaky bacon, Milo's spicy tomato chutney & rocket on a soft brioche bap 10.50

(2)(4)(7)(14) veggie option available

### Toasties available from 11am only

Roast Chicken Toastie thyme roasted chicken, herb stuffing, roasted tomato, rocket & basil aioli on Firehouse granary 9 (2)(4)(7)(9)(12)(14)(15)

The Full Veg Toastie slow roasted carrots, beetroot & red onion, lemon garlic hummus, rocket, dukkah & feta on Firehouse granary 9 (2)(4)(7)(9)(10)(12)(14)(15)(16) vegan option available

add a pot of Milo's spicy tomato chutney to your toastie (14) +1.5

#### Sides

bacon +3.50 / avocado mash +3.50 / black pud (15) +4 / TBB hot sauce (14) +2 / Milo's spicy tomato chutney (14) +2

please note sides can only accompany a dish

Check out the counter for all our homemade sweet bakes & treats!

Please be aware an order to sit in or sit outside can only be made once you have a table.

All orders are taken at the till so once you know what you'd like, join the queue & we'll take care of you.

<sup>\*</sup> Please note gluten-free toast +60c and treats (made with gluten-free oats) are all homemade so have a chance of cross contamination. Allergen index

<sup>(1)</sup> celery (2) gluten - wheat (3) crustaceans (4) eggs (5) fish (6) lupin (7) milk (8) molluscs (9) mustard (10) nuts - hazelnuts (11) nuts - peanuts (12) sesame seeds (13) soybeans (14) sulphites (15) gluten - oats (16) nuts - almonds (17) nuts - cashews (18) nuts - pecans

# MILO'S DRINKS

COFFEE		ICED		TEA	
BLACK		Iced Americano	3.9	Irish Breakfast	3.4
alt milk: oat (15), coconut (13) +20c		Iced Latte (7)	4.3	Herbal	3.8
Americano / Espresso	3.5	alt milk: oat (15) +50c, coconut (13) +60c caramel / vanilla syrup +50c		Chamomile (decaf) / Peppermint (decaf) / Earl Grey Rooibos (decaf) / Green Tea with Papaya /	/
Pour Over Filter 250ml	3.9	Espresso Tonic	4.6	Tea is <b>Wall &amp; Keogh</b> , Portobello	
Ask the team for what we have for you today!	3.9	espresso over ice with tonic & fresh lime <b>Iced Chai / Matcha</b> (7)	4.5	All our milk is organic and from <b>The Village Dairy</b> Co. Carlow	
<b>WHITE</b> alt milk: oat (15) +50c, coconut (13) +60c		COLD DRINKS			
caramel / vanilla syrup +50c					
		Fresh Orange Juice	3.5		
Flat White / Macchiato / Cortado (7)	3.7	Ginger Beer Bundaberg	4.5		
Cappuccino / Latte (7)	3.8	non-alcoholic			
<b>Mocha</b> (2) (7) (13) (14)	4.5	San Pellegrino Blood Orange / Orange /	3.2		
<b>Hot Chocolate</b> (2) (7) (13) (14)	3.8	Lemon & Mint / Lemon			
TBB homemade Chai Latte (7)	4	CanO Still or Sparkling Water 330ml	2.8		
Matcha Latte Koyu (7)	4	2 2	2.0		
<b>Kids Hot Chocolate</b> (2) (7) (13) (14)	3.3				
<b>Babyccino</b> (2) (7) (13) (14)	1.5				

**Espresso** / Fafà Reis – Brazil | Natural Root & Branch, Belfast

Shout-out to some of our amazing suppliers whose products go into everything we make, bake or brew at TBB, including - Firehouse Bakery, Co. Wicklow / Lilliput Stores, Dublin 7 / Clonakilty for their delicious black pud, Co. Cork / Belview Eggs, Co. Louth / Root & Branch Coffee, Belfast & many, many more. Thank you!

#### Allergen index

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