



THE YARD

RISE & SHINE

AVAILABLE FROM 7.30AM-11AM

Choose from our vitality breakfast selection of pastries, fruit, dairy and cereals. We also offer a hot breakfast selection and cater to gluten free and vegan diets - take a peek at our menu to get an idea of what to expect. And best of all, all our breakfast items are available for eat in or take away so you can start your Galway adventure!

Breakfast price is €18 for non-residents

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THE YARD

HOT to trot

Sausage & Egg Muffin

ballymaloe relish, Irish pork sausage, topped with a fried egg served in a toasted muffin
1, 3, 7

Scrambled Egg & Bacon Bagel

with sour cream and chives
1, 3, 7

The Scrambled House Wrap

scrambled egg, spinach, guacamole, cherry tomatoes wrapped in a soft warm wrap.
1, 3, 9, 10, 12

The House Vegan Breakfast Wrap

tofu scramble, potatoes, chickpea pancake, tomatoes, pepitas, salsa
1, 6, 9, 10, 12

Breakfast Burrito

sausage, bacon, spiced potato, scrambled eggs, avocado
1, 6, 9, 10, 12

Daily Hot Selection

check out our daily hot food breakfast specials

Cereal Selection

choose from our selection of your favourites
1

Flahavans Oat Porridge

choose from original, strawberry and mixed berry.
1, 7, 8

Granola Pot

mixed berries, natural yoghurt topped with gluten free granola
1, 7, 8

The Yard Overnight Oats

porridge oats, yoghurt, honey and milk
1, 7, 8

CEREAL
offender

COOL
customer

Fruit Juice

orange, apple or cranberry juice

Yoghurt

natural or mixed berry
1, 7, 8

Smoothie of the Day

Melon Cup

watermelon, cantaloupe, honeydew

Selection of Freshly Baked Pastries

1, 7, 8

✓ Vegan 1 Cereal containing gluten
2 Crustaceans 3 Eggs 4 Fish
5 Peanuts 6 Soya 7 Milk 8 Nuts
9 Celery 10 Mustard 11 Sesame
Seeds 12 Sulphur Dioxide &
Sulphites 13 Lupin 14 Molluscs