

The vision of Slim's Healthy Kitchen is straightforward: we want to make healthy food more accessible. We go organic and choose free range where we can, and our ability to work with the best ingredients is constantly increasing. We also recognise that a healthy diet means something different to everyone, so we don't pigeon-hole ourselves within individual diets or trends. We try to be clear and upfront about our ingredients and preparation techniques, meaning our dining offer can flexibly fit any diet.

We'd love to hear your feedback on what we are trying to do, so drop us a mail: feedback@slimskitchen.com

BREAKFAST TACOS	£8
Soft white tortilla, smashed avocado, refried beans, grilled chorizo sausage, chunky salsa, fried egg.	
BLOODY MARY BRISKET	£8
Slow cooked beef brisket, poached eggs, hollandaise, tabasco, sauerkraut with crispy shallots on Zac's Bake house sourdough.	
STEAK & EGGS	£10
Peter Hannan's Rump steak, poached eggs, spinach & tomato salsa.	
EGG WHITE OMELETTE	£6
Made with free range egg whites, baby spinach, field mushrooms, shredded chicken, finished with grated parmesan.	
SWEET POTATO FRITTER	£8
Sweet potato fritter topped with Irish thick cut bacon, smashed avocado, and poached eggs.	
HALLOUMI & SHROOMS (V)	£8
Halloumi with garlic and herb roasted mushrooms, poached egg, dukkah spice, crisp rocket on Zac's Bake house sourdough.	
PANCAKES (New Recipe)	
PEANUT BUTTER & JELLY	£8
Peanut butter cream, raspberry coulis, chia seeds and toasted coconut.	
TURKEY, BACON & EGG	£9
Turkey sausage, Irish thick cut pork bacon, fried eggs and sriracha dressing.	
<i>Our pancakes are made using 4 core ingredients: ground oat flour, apple cider vinegar, almond milk, and agave syrup.</i>	
CLONAKILITY BLACK PUDDING HASH	£9
Rosemary and rock salt crushed new potato, black pudding, poached egg, spring onion, wilted spinach, and sundried tomato pesto.	
THE HEALTHY BREAKFAST	£8
Poached eggs, Irish thick cut pork bacon, a choice of beef or turkey sausage, oven roasted herb tomato and mushroom with soda bread.	
<i>Our sausages and soda bread are non gluten containing.</i>	
VEGAN HEALTHY BREAKFAST (Vegan)	£9
Harissa scrambled tofu, grilled mushrooms, vegan sausages, wilted spinach, oven roasted vine tomato, rosemary and rock salt crushed new potato, with wholemeal toast.	

BACON WRAP £6

Poached eggs, Irish pork bacon, peppers, onion and fresh chilli on either a wholemeal/white tortilla, or cos lettuce.

SPICY BREAKFAST BURRITO (V) £6

Scrambled eggs, diced pepper, coriander, sliced grilled mushroom, rocket, crème fraîche, avocado and sriracha sauce on a white/wholemeal tortilla.

CHORIZO HASH £8.5

Poached eggs, chorizo with rosemary and rock salt crushed new potato, spring onion red pepper, parsley and sriracha.

OATS £5

Made using the highest quality White's Irish oats and almond milk.
-Coconut & chocolate, or banana and strawberry with chia and agave

AVOCADO TOAST (V) £7

Zac's Bake house sourdough, poached eggs, made to order Guacamole; smashed avocado, lime, tomato, red onion and garlic with oven roasted vine tomatoes, topped with sunflower, pumpkin and golden linseed.

BUILD YOUR OWN BREAKFAST



REFRIED BEANS	£2	SOURDOUGH/ WHOLEMEAL	£2
VEGAN SAUSAGE	£2	FREE RANGE EGG	£1.25
SAUSAGE - BEEF / TURKEY	£1.25	SMOKED SALMON	£4
THICK CUT BACON	£2	GARLIC & THYME MUSHROOMS	£2
BLACK PUDDING	£1.50	1/2 AVOCADO	£1.50
PARMA HAM	£1.50	ROAST HERB TOMATO	£1.50

KIDS

KIDS' HEALTHY BREAKFAST £5.

Scrambled eggs, baked beans, a grilled beef sausage and wholemeal toast.

PORRIDGE (V) £3

Made to order using the highest quality White's oats and almond milk with fresh strawberries, and chocolate sauce.

BEANS ON TOAST (Vegan) £3

1 slice wholemeal toast, baked beans.

SCRAMBLED EGGS & TOAST (V) £4

1 slice wholemeal toast, 2 whole eggs scrambled.

FLUFFY BANANA & STRAWBERRY PANCAKES (Vegan) £5

2 x Giant pancakes with sliced banana, fresh strawberry and agave syrup for dipping

We cannot guarantee that guests with food and/ or beverage allergies may not be exposed through cross contamination (particularly nuts / seeds). Every care is taken to avoid any cross contamination when processing a specific order request or dietary requirement. We do however work in a kitchen that processes allergenic ingredients & does not have a specific allergen free zone or separate dedicated fryers. Allergen data is held on each of our dish ingredients, so please ask your server should you require any more detail.

Whilst we can remove items from a dish, we unfortunately cannot make any substitutions.