

BREAKFAST



CHILLED

- ✓ **Fresh Seasonal Tropical Fruit** 16
- Raspberry Parfait** yogurt, cream & honey roasted oats 16
- Smoked Scottish Salmon** red onion, caper berries, lemon 16
- Continental Meats & Cheeses** mortadella, pastrami, country ham, baby bell, edam, gruyere, olives 16

OATS & CEREALS

- ✓ **Irish Steel Cut Farmers Oats** blueberries, chia, honey, cinnamon 14
- Homemade Tropical Granola** yoghurt & honey 12
- Assorted Kelloggs Cereals** regular / low fat / 2% skim / almond milk / soy milk

FROM THE GRIDDLE

- 1748 Pancakes** blueberry 12 / choc chip 12 / banana 10 with maple syrup or honey
- Caribbean French Toast** coconut, banana bacon & cinnamon, 16

OMELETTES

- The Long Bay** 3 eggs, feta, cherry tomato, chili, arugula salad 16
- Healthy Start** 3 egg whites, spinach, mushrooms, kale, garden herbs, tomato salsa 16

1748 SIGNATURES

- Full English** 2 eggs bacon, sausage, tomato, beans, mushrooms, toast 28
- Smashed Avocado Toast** artisan tuscan bread, arugula 16

GLUTEN FREE

- ✓ **Baby Vegetable Crudite** beet humous 14
- 3 Egg White Omelette** spinach, alfalfa, cherry tomato, arugula salad 18

SIDES

- 2 Eggs Any Style** 4
- Applewood Smoked Bacon** 4
- Pork Link sausages** 4
- Baked Beans** 3
- Grilled Plum Tomato** 3
- Mushroom** 4
- Pancakes** 6
- GF **Breakfast Potatoes** 4
- Fried Plantains** 4

BAKERY

- Croissant** 3.50
- Danish** 4
- Cinnabun** 4
- Muffins** 5
- Toast & Preserves** 4.50

HOT BEVERAGES

- Assorted Fruit & Herb Teas, Chai Tea, Cappuccino, Americano, Latte, Espresso, Mocha, Hot Chocolate,**

JUICES 6

- Orange, Guava, Tomato, Pineapple, Grapefruit, Apple, Carrot**

FRUIT SMOOTHIES 12

- Mango, Passion Fruit, Blueberry, Strawberry, Tropical Fruit**