



# blas

## Blas Breakfast Monday-Friday 9-12

### Bodega Bap

Bacon & fried Egg with Rocket & Chipotle Mayo on a lightly toasted Blaa (1,3,12)  
**€7.50**

### Veggie Bodega

Smashed Avocado, Tomato & fried Egg with Rocket & Chipotle Mayo on a lightly  
toasted Blaa (1,3,12)  
**€7.50**

### Blas Ciabatta

2 Sausages, Bacon, Caramelised Onion, 2 Fried Free Range Eggs, Mayo & Mixed  
leaf on a Toasted Ciabatta (1,3,12)  
**€10.00**

**Eggs Avocado** 2 Poached Free Range Eggs with Smashed Avocado, Herb  
Oil, House Harissa, Pink Pickled Onions & Rocket on Toasted Tartine Sourdough  
(1,3,12)  
**€12**

### Marrakesh Breakfast

2 Poached Free Range Eggs on a bed of House Hummus, Grilled Peppers &  
Onions, topped with Herbed Yogurt Served with Za'atar Flatbread (1,3,7,12)  
**€13**

### Porridge

With Superfood Mix- Coconut Sugar, Goji Berries, Mulberries, Cacao Nibs, Chia  
Seeds, (1) vegan  
**€5.50**

### Blas Granola

Jumbo Oat, Mixed Nuts & Seeds Toasted with Maple Syrup & a pinch of salt.  
Served with Greek Yoghurt & Mixed Berry Compote (1,5,7,8,11)  
**€7.50**

## Lunch Monday-Friday 12-3

All Sandwiches served with a scoop of house Potato Salad  
Gluten Free Bread is available for all Sandwiches

**Add a Half Portion of soup or salad to any lunch Item**

**€3.50**

### Soup

Our soup is always Gluten Free & Vegan. See specials menu. Served With Tartine

Sourdough & Butter.(1,7)

**€6.25**

### Chicken Chipotle

Roast, Pulled, Free Range Chicken, House Chipotle Mayo & Rocket on Toasted Tartine

Bakery Sourdough. (1,3,12)

**€10.00**

### Three Cheese Toastie

Mature White Cheddar, Emmental & Provolone with Dijon Mayo & Cider Jam brushed with  
Thyme and Garlic butter on Tartine Bakery Sourdough. Served with Dressed Leaves & a  
pickled Gherkin.(1,3,7,10)  
**€9.50**

### Ham and Cheese Toastie

House baked free range Ham from FX Buckley with Mature Cheddar, Provolone, Mixed Leaf,  
Cider Jam & Dijon Mayo, brushed with Thyme & Garlic Butter on Tartine Bakery Sourdough.  
(1,3,7,10)  
**€10.00**

### Flatbreads

See Flatbread Menu

**€12/€13**

### Salad Plates

Our salads are always Gluten Free & Vegan. See board for Daily Salads.

Served with Hummus and Bread.

**S€4.50 M€7.50 L€11**

Allergens Gluten:1 Crustaceans:2 Eggs:3 Fish:4 Peanuts:5 Soybeans:6 Milk:7 Nuts:8 Celery:9 Mustard:10 Sesame:11 Sulphites:12 Lupin:13  
Molluscs:14