



**LOOK MAM
NO HANDS!**

www.lmnh.ie

BREAKFAST MENU

Welcome to Look Mam no Hands, Applewood. Thank you for joining us for breakfast. We do hope you enjoy your experience. Thanks for dropping in.
Barry & Susan.

Gluten Free options available

GF

Breakfast

Breakfast €8.50

Award winning sausages, crispy bacon and pudding with fried egg.

Served with tea/coffee and a slice of toast.

Deluxe Breakfast €9.50

Award winning sausages, crispy bacon, pudding, mushrooms and hash brown and fried egg.

Served with Tea/Coffee and toast.

Large Breakfast €10.50

Award winning sausages, crispy bacon, pudding, beans and hash brown with fried eggs.

Served with Tea/Coffee and toast.

Ultimate Breakfast €16.95

6oz Steak, award winning sausages, crispy bacon, pudding, beans and hash brown with fried eggs. Served with Tea, Coffee and toast.

(Please allow 10-12 mins)

Vegetarian Breakfast €9.95

Poached eggs, tomatoes, mushrooms with beans served with a toasted breakfast muffin and hash brown.

Served with Tea/Coffee.

Breakfast Bap €7.50

Our famous floured bap with award winning sausages, crispy bacon with pudding, fried egg and crispy onion.

Steak & Eggs €10.95

6oz Sirloin steak cooked to perfection. Served with Fried eggs and hash browns with homemade pickle on the side with fried onions and mushrooms.

(Please allow 10-12 mins)

Pancakes

Pancakes €7.95

Homemade pancake mix mams way served with maple syrup and a side of ice cream.

Pancakes & Bacon €10.95

Pancakes served with crispy bacon and maple syrup with hash browns.

Fruit Pancakes €8.95

Strawberry, Banana or Blueberry. Your choice or have them all !!! Served with maple syrup and a side of ice cream.

Pancake Skyscrapers €10.95

Our homemade pancakes tripled and stacked, served with fresh fruit and Nutella. Drenched in maple syrup with a vanilla ice cream top!

Pancake Sliders €9.95

4 mini pancakes with nutella and strawberries served with ice cream on the side and fresh whipped cream on top dusted with ground cinnamon.

Breakfast Omelette €11.95

3 Egg Omelette with bacon, sausage & pudding served with hash browns and beans.

Eggs On Toast €5.95

Eggs your way served with choice of toast. (please ask server for bread choices) Add bacon €2.50 Add a sausage €1.25

French Toast & Crispy Bacon €8.95

Home-style French toast with cinnamon served with crispy bacon and maple syrup.

Avocado & Toast €8.95

With poached eggs fresh lime and chili Flakes.

Breakfast Sambos

Bacon Butty €5.75

Crispy bacon served on a soda bap.

Sausage Sambo €5.50

Award winning sausages served on white/brown or soda farl.

House Favourites

Eggs Benedict €8.50

Poached eggs to perfection served on toasted brown soda with crispy bacon and topped off with hollandaise sauce.

Eggs Royale €8.50

Poached eggs to perfection served with smoked salmon on toasted soda farl with hollandaise sauce.

Handle Bars €8.50

Poached eggs to perfection served on a toasted soda farl with wholegrain mustard and crispy bacon.

Smoked Salmon €8.50

Softs Scrambled eggs cooked to perfection with smoked salmon grilled tomatoes and toasted brown soda.

Extras €1.25

Sausages

Bacon

Pudding x2

Hash Brown

Beans

Mushrooms

Home Fries (€4)

Build Your Own €1.25 (per item)

Note: Should you wish to build your own breakfast, items are charged @ €1.25 each and please allow 15-20 mins preparation. Thank You.



I'M A
BETTER
PERSON

WHEN I HAVE LESS ON MY PLATE



Please rate your experience with us!