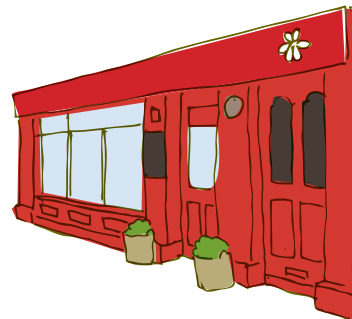


SEE BLACKBOARD FOR TODAY'S SPECIALS



BRICFEASTA

each day until 11.30

CAFE RUA FRY (<i>barley, oats, wheat, egg, soybean, sulphites</i>)	11.95
kelly's sausages and black & white pudding, 'castlemine farm' bacon, fried eggs, grilled tomato and flatfield mushrooms with brown soda	
VEGAN FRY (<i>sulphites, celery</i>)	11.95
roasted flatfield mushrooms & tomatoes, rua baked beans, sautéed potatoes & spinach	
FREE RANGE SCRAMBLED EGGS with rua soda bread (<i>milk, eggs, wheat, oats</i>)	9.95
castlemine free range bacon OR flatfield mushroom & tomato	
CHORIZO HASH WITH FRIED EGG, SPINACH & SAUTEÉD SPUDS (<i>milk, egg</i>)	10.95
FRENCH TOAST , castlemine farm crispy bacon & maple syrup (<i>egg, wheat, milk, soybean</i>)	9.95
BREAKFAST BLAA	6.50/9.50 with sauteed potatoes
– castlemine farm bacon, fried egg & tomato chutney – bandon cheddar, flatfield mushroom & rua chilli relish	
RUA GRANOLA with poached seasonal fruit & greek yoghurt (<i>almonds, walnuts, oats</i>)	5.50
BIRCHER MUESLI with pistachio nuts & berries (<i>oats, milk</i>)	5.50

SIDES

halloumi (<i>milk</i>)	3.50	grilled tomatoes	2.00
flatfield mushrooms	3.50	fried potatoes	4.00
castlemine rashers	2.50	kelly's pudding (<i>barley, oats, wheat, egg, soy</i>) . .	3.00
kelly's sausages (<i>wheat, sulphites</i>)	3.00	extra maple	2.00
free range egg (<i>egg</i>)	1.60		

DRINKS

bean west coffee - roasted in westport. add oat milk/extra shot.	0.60
organic fairtrade hot chocolate	3.40
pot of barry's tea (pot for 1)	2.30
clement & pekoe loose leaf tea (pot for 1)	3.25