

BREAKFAST.....SERVED ALL DAY**FRUIT PARFAIT - €8**

Yoghurt, coconut, granola & fresh fruit.
... **G,D,N**

BUTTERMILK PANCAKES €14.50

SERVED UNTIL THE BATTER RUNS OUT! Blueberry pancakes with lemon crème fraîche, fresh berries, almond essence, maple syrup & toasted almond flakes.
... **G,D,N,E,V**

BREAKFAST BAP €10.50

Bresnan's bacon, sausage, free range egg, potato slice, house relish & cheese.
... **G,D,E,SB**

EGGS BENEDICT - €15

Poached free range eggs, honey-baked ham, house hollandaise, grilled sourdough.
... **G,E,D,M,SD**

SIR HENRY - €12

Poached free range eggs, avocado smash, on a grilled English muffin with dressed greens, cherry tomatoes and spinach pesto. **G,D,E,M,SD**
... **Add Smoked Salmon €3.95**
Honey Baked-Ham €3.50

EGGS ROYALE - €15

Poached eggs, smoked salmon & asparagus on a grilled English muffin with hollandaise & dressed greens.
... **G,D,E,M,F,SD**

POACHED EGGS & TOAST - €8.50

Two free range eggs, confit cherry tomatoes, dressed mixed greens & grilled sourdough.
... **G,E,D,M,SD**

WILD MUSHROOMS & POACHED EGGS €14.50

Wild mushrooms in parmesan cream, over grilled sourdough topped with free range poached eggs and hollandaise.
... **G,D,E,SD,V**

POM LIONHEART - €14.50

Two free range poached eggs, Bresnan's sausage, smoked bacon, Hanley's pudding, sliced potato & cherry tomato with sourdough toast.
... **G,E,D,SB,SD**

VEGGIE POM €14.50

Sautéed wild mushrooms, asparagus, smashed avocado, potato slices, sourdough bread. With seasonal dressed greens, house pickled cucumber & onions.
... **G, M, V, VGO**

BREAKFAST CONT'D**BLACK PUDDING & POTATO ROSTI €15**

Hanley's Black Pudding & Potato Rosti topped with red onion jam, Ardsallagh feta cheese, East Ferry poached eggs & hollandaise, served with dressed greens & grilled sourdough.
... **G,E,D,M,SB,SD**

VEGETARIAN HASH - €15

Rustic smashed potatoes, Feta cheese, spinach, cherry tomato, caramelised onion, poached eggs, hollandaise & sourdough.
... **G,E,D,M,SD,V,VGO**

GER COLLINS HASH - €15

Rustic smashed potatoes, chorizo, cherry tomato, caramelised onion, poached eggs, hollandaise & sourdough.
... **G,E,D,M,SD**

TWO EGG OMELETTE - €13 (SERVED UNTIL 12:30)

Choice of 3: cheese, onion, tomato, spinach, mushrooms, ham, chorizo. With grilled sourdough. Extras €1.25 each.
... **G,D,E,M**

BALLYCOTTON - €16

Pan fried chilli & garlic prawns with grilled asparagus, smoked pancetta, citrus avocado smash & poached eggs on grilled sourdough with hollandaise.
... **F,D,G,M,E,SD**

SIDES & EXTRAS

House Fries €4 (G,SB, E)

Rustic Smashed Potato €4

Avocado Smash €4

Smoked Salmon €4.50 (F)

Ardsallagh Feta €4 (D)

Sautéed Wild Mushrooms €4 (D)

House Salad €4.50 (M,SD)

Grilled Asparagus, Parmesan, Balsamic & Hollandaise €4.50 (D,E,SD)

Honey-Baked Ham €4 (M)

Hanley's Black Pudding €3 (G,SB,SD)

Warm Diced Chorizo €3.50

Bresnan's Bacon €3.50

Bresnan's Sausage €3.50 (SD)

Sourdough Toast (G,D) - €2.50

Extra Egg €1.25 (E)

Maple Syrup €1.50

Hollandaise €1.25 (E,D,SD)

Gluten Free Bread Supplement €1.50

SALADS**GRILLED CHICKEN SALAD - €15**

Grilled Chicken Breast, avocado and corn salad, cherry tomatoes over crispy baby gem with a creamy tarragon dressing.
... **D,SD,E**

SEASONAL SALAD SPECIAL €15

We like to change things up according to what's in season - Ask us what's on!

12 TABLES

HERE AT 12 TABLES WE PLACE GREAT IMPORTANCE ON THE PROVENANCE OF OUR INGREDIENTS AND WE DO OUR UTMOST TO SUPPORT LOCAL FAMILY SUPPLIERS.

BRESNAN'S BUTCHERS / EAST FERRY FARM / BADGER & DODO / CORK ROOFTOP FARM / GOOD FISH / HORIZON FARM / MEALAGULLA APPLE JUICE / RYAN'S BAKERY / MCCARTHY'S BUTCHER

SWEETS

Double Chocolate Hazelnut Brownie (N, G,E,D) with Fresh Cream €4.50
... **Add Ice Cream - €1.50**

Gluten Free Rocky Road - €4
... **N,D**

DUE TO THE SMALL SIZE OF OUR KITCHEN, PLEASE ADVISE US OF ANY FOOD ALLERGENS SO WE CAN INFORM OUR CHEFS ACCORDINGLY!

* All beef and poultry are of Irish origin.

SANDWICHES ETC.....**THE TINNY SHED CLUB - €14.50**

Chicken, bacon, avocado, tomato, lettuce & mayo on grilled sourdough. With house fries.
... **G,E,D,SB**

THE FINGERPOST - € 14.50

Honey-baked ham, mature cheddar, pickle, red onion jam & mayo on grilled sourdough. With house fries.
... **G,E,D,M,SB,SD**

OPEN STEAK SANDWICH €18

On grilled sourdough with sautéed wild mushrooms, red onion jam, spinach pesto, balsamic reduction, grated Parmesan, House Fries & Hollandaise.
... **D, G, E, SD, SB**

THE MANGALA €14.50

Wild mushrooms, Asparagus, Avocado smash, sliced beef tomato, shredded crispy iceberg, spinach pesto, Frenchs Vegan mustard mayo on sourdough bread served with smashed potato.
... **G, M, V, VGO, EDTA**

12 TABLES BURGERS.....**THE MICK-O BURGER €17**

McCarthy's 8oz Prime Beef Burger, mature cheddar, tomato, pickle, red onion jam, garlic aioli & ketchup in a brioche bun served with house fries.
... **G,D,E,SB**

ADD BACON €1.50

THE SINGLETON - €17.50

McCarthy's 8oz Prime Beef Burger, Creamy Ardsallagh feta, avocado, mixed greens, mature cheddar, tomato, spring onion & aioli on a brioche bun with house fries.
... **G,D,E,SB**

THE RED EARL BURGER - € 18

McCarthy's 8oz Prime Beef Burger, Bacon & Red Earl Whiskey jam, mature cheddar, jalapenos, tomato, baby gem, garlic aioli on a brioche bun & house fries.
... **G,D,E,SB,SD**

MAKE YOUR BURGER A DOUBLE €2**BIG RON - €17.50**

Grilled Irish Chicken Breast, bacon, avocado, cheddar cheese, tomato, corn salsa and tarragon aioli on a brioche bun. Served with house fries.
... **G,D,E,SB**

VEGGIE BURGER €17

Avocado smash, wild mushrooms, sliced beef tomato, red onion jam, shredded iceberg, Frank's Hot Vegan Mayo on Vegan Brioche & served with smashed potato.
... **SD, V, VGO**

KIDS MENU**EGGS & TOAST - €6**

Two poached, free range eggs & sourdough toast.
... **G,E,D**

JR LIONHEART- €7

Poached free range egg, sausage OR bacon & sourdough toast.
... **G,E,D,SB,SD**

SAUSAGE & CHIPS - €7

Two Bresnan's sausages with house fries.
... **G,D,SB,SD**

PANCAKES €7

Crepe Style Pancakes with Nutella & fresh Berries.
... **G,E,D,N**

CHEESEBURGER €7

Single Patty Cheeseburger & house fries.
... **G,D,E,SB**

CHICKEN GOUJONS €7

Breaded Irish chicken goujons & house fries.
... **G,E,SB**

DRINKS

Americano €3.20 Espresso €2.90

Barry's Tea €2.50 Milk €2

Latté €3.75 Flat White €3.50

Cappuccino €3.75 Macchiato €3

Extra Shot € 0.50 Mocha €4.25

Espresso Tonic €4.20

Tea Pigs Herbal Tea €3.50

Chai Latté - €4.50

Dirty Chai €5

Hot Chocolate €4

... **Kids €2.95**

Add Vanilla or Caramel €1

Iced Coffee +€30

Alternative Milk - € .50

Fresh Squeezed Orange Juice €3.50

Mealagulla Apple Juice €3.50

Coke / Coke Zero / 7-up/ Club Orange €2.50

San Pellegrino Orange OR Limonada €3

San Pellegrino Sparkling Water 500ml/€3.65 750ml/€4.85

Acqua Panna Still Water 750ml/ €3.85

*** BEER, CIDER, WINE & BUBBLES AVAILABLE, DON'T BE SHY, ASK FOR THE MENU ***