

# BREAKFAST MENU



# Enjoy

## **JUICES & WATERS**

Orange, Apple, Grapefruit  
Mint & Cucumber, Ballygowan Still

## **CEREALS** \*1,5,6,8

The Walter Muesli, made in-house from a mix of nuts, grains, fruits and finished in our own special way

Alpen, Cornflakes, Weetabix, Coco Pops,  
Rice Krispies, Special K

## **FRESH & DRIED FRUITS**

Freshly cut orange segments, pineapple and melon chunks

Slow poached prunes in prune juice, Barry's tea, a little sugar and cinnamon sticks

Slow poached sundried apricots with a little cane sugar, star anise and vanilla pods

Apples and oranges from the fruit bowl

## **BREADS AND PASTRIES BAKED IN HOUSE**

Brown soda bread \*1,3,7

Breakfast scones topped with toasted almonds, pumpkin seeds and nuts \*1,3,7,8

Carrot cake muffins (dairy free) \*1,3

Banana bread cake \*1,3,7

## **JAMS**

Strawberry & Orange marmalade

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## **COLD PLATE**

Carved Limerick ham and Emmental cheese \*7

## **PORRIDGE**

Freshly cooked Flahavan's porridge, an Irish tradition served with honey \*1,7

## **THE FULL IRISH BREAKFAST**

Hafner's Pork Sausages, Premium Irish Back Bacon, Grilled Tomato, Fried Free Range Egg, Hanley's Black & White Pudding \*1,3,6,12

## **EGGS COOKED TO ORDER**

Scrambled free range eggs \*3,7

Scrambled free range eggs with smoked salmon \*3,4,7

Poached free range eggs \*3

Poached free range eggs with smoked salmon \*3,4

Hard boiled eggs \*3

Mushrooms

Beans

## **TEAS AND COFFEE**

Barry's tea blended in County Cork

Earl Grey, Herbal teas, decaffeinated tea

Freshly ground coffee, decaffeinated coffee

## **\*ALLERGENS**

1. Cereals 2. Crustaceans 3. Eggs 4. Fish 5. Peanuts  
6. Soybeans 7. Milk 8. Nuts almonds, hazelnuts, pistachio, cashew, pine, walnuts, pecan, chestnut 9. Celery 10. Mustard  
11. Sesame seeds 12. Sulphur dioxide & sulphites 13. Lupin  
14. Molluscs

While some or none of the above allergens may be included in your selected dish, please be aware that we use all of the above allergens in our kitchen.

**Non-residents €16.50**



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