

# Enjoy

## BREAKFAST MENU

### JUICES & WATERS

Orange, Apple, Grapefruit, Mint & Cucumber Water, Ballygowan Still Water

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

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

### FRESH AND 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 \*1,3,7,8

Carrot and walnut cake (dairy free) \*1,3,8

Lemon drizzle cake \*1,3,7

### BREADS TOASTED

Toasted Irish Pride white bread \*1,6,11

Toasted Irish Pride wholemeal brown bread \*1,6,11

Toasted Gluten Free white bread \*1,6,11

### G'S GOURMET PRESERVES & HONEY

Strawberry, Blackcurrant, Raspberry, Orange marmalade and Honey

### \*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.

### GLUTEN FREE DISCLAIMER

If you are a Celiac and/or highly sensitive, please advise the person taking your order and know that we will do our best but cannot guarantee your order will not touch gluten somewhere in the process. Therefore your chosen items may not be suitable if you are highly sensitive to gluten.

## **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

Scambled 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 brewed coffee, decaffeinated coffee

**Non-residents €19.50**

Don't forget to visit Raleigh's on the ground floor before you leave, where you can purchase our G's Gourmet Preserves, Youghal Honey and our in-house breads and cakes. We also have a range of artisan products like Jack O'Patsy pottery, scented candles, the Handmade Soap Company scent collection, and specially designed textiles.

