



BREAKFAST MENU

Continental Breakfast Selection

*Cold Meats, Sliced Ham, Sliced Turkey, Peppered Salami & Cheeses |7|
Freshly Baked Selection of Pastries & Scones |1.a|3|7|8a,b|
Natural & Fruit Yogurt |7|
Mix Granola |1.a,c,d|8.b|12|
Choices of Breakfast Cereals, Corn flakes, Fruit & Fibre, Muesli
|1.a,c,d|8.b|*

Fresh Fruit & Compotes

*Hand Cut Seasonal Fresh Fruit Salad
Mixed Fruit & Blueberries
Grapefruit Segments, Peaches Segments & Lustre Prunes in Syrup*

Juices & Drinks

*Apple Juice
Orange Juice
Cranberry Juice
Irish Breakfast Tea
Selection of Herbal Tea
Filter Coffee*

From the Hot Buffet

*Traditional Hot Irish Breakfast
Rashers of Bacon, Sausages, Black & White Pudding, Mushrooms, Grilled
Tomato, Baked Beans, Scrambled eggs, Hash Browns, Fried Eggs
|1.a,d|3|12| Flahavan's
Porridge Oats , made with Skimmed Milk & Maple Syrup (V)(VE) |1.a|*

Full Breakfast € 14.95

Continental Breakfast €8.95

Allergens: 1. Cereals Containing Gluten: a)Wheat flour b)Rye, c)Barley, d)Oats, e)Spelt |2.Crustaceans: a)Crab, b)Lobster, c)Shrimps, d)Cray Fish, e)Krill |3.Eggs |4.Fish |5.Peanuts |6.Soybeans |7.Milk |8.Nuts: a)Almonds,b)Hazelnut, c)Walnut, d)Cashews, e)Pecan, f)Brazil Nuts, g)Pistachio, h)Macadamia, i)Queensland |9.Celery: Celeriac |10.Mustard |11.Sesame Seeds |12.Sulphur dioxide and Sulphite |13.Lupin |14.Molluscus: a)Clams, b)Oysters, c)Mussels, d)Snails, e)Octopus, f)Squid