

Breakfast Menu

Continental Selection

Cereal

Cornflakes, Rice Krispies, Muesli, Weetabix, Bran Flakes, Coco Pops (Gluten-free cereals available) (1A, 1B, 1D, 1E, 1F, 3, 10)

Irish Oats Porridge

Made with water (1A,1F)

Fresh Fruit

Fruit salad, pineapple, watermelon Selection of whole fruits Selection of Yoghurts (4) Granola (1F,3A)

Freshly Baked Goods

Pastries

Mini Muffins (1A,4,7)
Butter Croissant (1A,4,7)
Danish Selection (1A,4,7)

Bread

Sourdough Bread (1A)
Brown Soda Bread (1A,4)
Tiger Vienna (1A,3,11)
Walnut & Raisin (1A,3H,4,7,13,14)
Baguette (1A,4)
Gluten Free Bread (10,11)

Selection of Cold Meats and Cheeses

Salami Milano, Whiskey Salami, Black Peppered Silverside Pastrami, Cooked Rosemary Ham (4)

Hegarty's Cheddar (4), Bride Valley Black Pepper & Chive Cheddar (4), Wicklow Brie (4)

Hot Breakfast

Buffet

Tournafulla Jumbo Sausages (1A,4,13)

Rashers

Black and White Pudding (1A,1E,1F,13)

Hash Browns

Fried Mushrooms

Roasted Tomatoes

Baked Beans

Scrambled Eggs (7,4)

Fried Egg (7)

From The Kitchen

Please ask your server

Savoury

Boiled Egg (7)

Poached Egg (7,13)

Vegetarian Omelette (7)

Gluten-Free Pork Sausages (13)

Sweet

Pancakes (1A,4,7,10,13,14) Served with your choice of: nutella, berries, cream

Vegan Breakfast

Hot

Vegan Sausages (1A,1E,10,13)

Hash Browns

Fried Mushrooms

Roasted Tomato

Baked Beans

Tofu Scramble (9,10,11,12)

Continental Selection

Vegan Alternatives

Selection of

Vegan Pastries (1A,3,10,11)

Vegan Yoghurt (10)

Vegan Mature Cheddar

Something to Drink

Freshly Brewed Coffee and Tea

Espresso, Americano, Cappuccino, Latte, Mocha, Hot Chocolate, Irish Breakfast Tea and selection of Herbal Teas

Fruit Juices

Chilled Orange, Cranberry, Apple Homemade Juice of the Day

Milk

Low fat (4)

Coconut (10) Almond (3A) Soya (10) Oat (1F)

Full Irish Breakfast €18.00 Vegan Full Irish Breakfast €18.00 Weekday 7:00am - 10:30am Weekend 7:00am - 11:00am

Gluten-Free breakfast options available Please ask your server

ALLERGENS:

I Gluten (A-Wheat, B- Spelt C-Khorasan, D-Rye, E-Barley F-Oats), 2 Peanuts, 3 Nuts (A-Almonds, B-Hazelnuts, C-Cashews, D-Pecans, E-Brazil, F-Pistachio, G-Macadamia, H-Walnut I- Pine nuts), 4 Milk 5 Crustaceans (A-Crab, B- Lobster, C-Crayfish, D-Shrimp, E- prawn), 6 Mollusk, (A-Clams, B-Oysters, C-Mussels, D-Scallops, E-Cockles, F- Squid), 7 Eggs, 8 Fish, 9 Celery, 10 Soya, 11 Sesame Seeds, 12 Mustard, 13 Sulphur dioxide & sulfites, 14 Lupin