## Continental Selection

Cereal
Cornflakes, Rice Krispies,
Muesli, Weetabix, Bran Flakes, Coco Pops
(Gluten-free cereals available)
( $\mathrm{IA}, \mathrm{IB}, \mathrm{ID}, \mathrm{IE}, \mathrm{IF}, 3, \mathrm{IO}$ )
Irish Oats Porridge
Made with water ( $\mathrm{IA}, \mathrm{IF}$ )
Fresh Fruit
Fruit salad, pineapple, watermelon
Selection of whole fruits
Selection of Yoghurts (4)
Granola (IF, 3 A )
Freshly Baked Goods
Pastries
Mini Muffins ( $\mathrm{IA}, 4,7$ )
Butter Croissant ( $\mathrm{IA}, 4,7$ )
Danish Selection (IA,4,7)
Bread
Sourdough Bread (IA)
Brown Soda Bread ( IA,4)
Tiger Vienna (IA, 3, II $)$
Walnut \& Raisin ( $\mathrm{I}_{\mathrm{A}}, 3 \mathrm{H}, 4,7, \mathrm{I} 3, \mathrm{I4}$ )
Baguette ( $\mathrm{IA}, 4$ )
Gluten Free Bread (io,iI)
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 (IA,4, I3)
Rashers
Black and White Pudding ( $\mathrm{IA}, \mathrm{IE}, \mathrm{IF}, \mathrm{I} 3$ )
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 ( I3)
Sweet
Pancakes (iA, 4,7,10,13,14)
Served with your choice of:
nutella, berries, cream

## Vegan Breakfast

## Hot

Vegan Sausages (iA, $1 \mathrm{E}, \mathrm{IO}, \mathrm{I} 3$ )
Hash Browns
Fried Mushrooms
Roasted Tomato
Baked Beans
Tofu Scramble (9,10,ІІ,І2)
Continental Selection
Vegan Alternatives
Selection of
Vegan Pastries ( IA, 3, IO, II)
Vegan Yoghurt (io)
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 (io) Almond (3A) Soya (io) Oat (IF)

Full Irish Breakfast €I8.OO
Vegan Full Irish Breakfast € 18.00
Weekday 7:00am - 10:30am
Weekend 7:OOam - II:OOam

Gluten-Free breakfast options available
Please ask your server

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[^0]:    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, io

