

# 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)

### Fresh Fruit

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

### Selection of Cold Meats and Cheeses

Chorizo, Salami, Parma Ham  
Manchego, Smoked Applewood, Brie (4)

## Vegan

### Cereals

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

### Fresh Fruit

Soya Yoghurts (10)  
Granola (1F,3A)  
Fruit salad, pineapple, watermelon,  
selection of whole fruits

### Selection of cheeses

Vegan Cheese 3A, 10

## Hot Breakfast

### Buffet

Bacon (13)  
Pork Sausages (1A,13)  
Gluten- Free Pork Sausages ( 13)  
Black and White Pudding (1A,1E,1F,13)  
Hash Browns, Fried Mushrooms  
Roasted Tomatoes, Baked Beans

### Fresh Egg Selection

Boiled  
Poached (13)  
Scrambled (4)  
Fried  
Vegetarian Omelette

### Irish Oats Porridge

Made with water (1A, 1F)

## Vegan

Vegan Sausages (1A,1E,10,13)  
Hash Browns,  
Fried Mushrooms,  
Roast Tomato  
Baked Beans

Hummus and Avocado (3C,3H,4,11)  
on Sourdough Toast (1A)

### Irish Oats Porridge (1A,1F)

Made with soya milk (10)

## Something to Drink

### Fruit Juices

Chilled Orange, Cranberry, Apple  
Homemade Juice of the Day

### Milk

Low fat (4)  
Coconut (10) Almond (3A) Soya (10) Oat  
(1F)

### Freshly Brewed Coffee and Tea

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

## Freshly Baked Goods

### Pastries

Buttery Croissants ( 1A,4,7)  
Selection of Danish ( 1A,4,7)  
Sourdough Bread (1A)  
Brown Soda Bread ( 1A,4)

## Vegan

Chocolate and Hazelnut Pastry (1A,1F,3B,10,14)  
Vegan Croissant (1A, 1F, 3B, 10, 14)

**Full Irish Breakfast €17.00**

**Vegan Full Irish Breakfast €17.00**

**Weekday 7:00am – 10:30am**

**Weekend 7:00am – 11:00am**

**Gluten-Free breakfast options available**

**Please ask your server**

### ALLERGENS:

1 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