



## BREAKFAST MENU

MONDAY - FRIDAY 7.30AM - 10.30AM

SATURDAY & SUNDAY - 8.00AM - 11.00AM

### Continental Breakfast Selection

*Cold Meats & Cheeses |7|*

*Freshly Baked Selection of Pastries & Scones |1.a|3|7|8a,b|*

*Natural & Fruit Yogurt |7|*

*Choices of Breakfast Cereals, Corn flakes, Fruit & Fiber, Specially  
Combined 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*

*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 € 16.95**

**(€ 13.50 if pre-booked breakfast)**

**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