

# BREAKFAST MENU

ADULTS €15.00 / CHILDREN €7.50

# CONTINENTAL

SELECTION OF JUICES

CHOICE OF FAVOURITE BREAKFAST CEREALS

CHOICE OF FRESH FRUIT AND DAIRIES

FRESHLY BAKED BREAKFAST PASTRIES AND BREADS

FRESHLY BREWED TEA OR COFFEE

SELECTION OF HERBAL TEAS, HOT CHOCOLATE

#### FREE FROM FOODS

Please visit our Free From Section for food choices without specified allergens

Please refer to our signage regarding the origin of our products and please refer to our displayed Allergen & Nutritional Information on our buffet offering.

During busy service periods please allow 5-10 minutes for your order to be cooked.

Please advise our team members of any dietary requirements you might have. Please note all food is prepared in a busy kitchen environment where we handle a variety of potentially allergenic ingredients.

# FRESH FROM OUR KITCHEN

## OATMEAL PORRIDGE

Slow cooked with cranberries and cinnamon Fresh cream, honey or maple syrup (Contains 1-oat,7,12)

#### THE TRADITIONAL BREAKFAST

Local pork sausages, black and white pudding, rashers Hash browns, tomato, mushroom and baked beans Served with eggs of your choice (Contains 1-wheat,barley,oat,3,6,7,9,12)

# THE MINI

Pork sausage, pudding, rashers Tomato, mushroom and served with eggs of your choice (Contains 1-wheat,barley,oat 3,6,7,9,12)

## THE VEGAN

Toasted sour dough with guacamole, mushroom and beans Scrambled eggs - optional (Contains 1-wheat,3,6,7,12) - Vegan optional

#### CONTINENTAL CHOICE

Irish farmhouse cheese, Limerick ham and Louth pastrami Chutney and pickles (Contains 7,9,10,12)

## PANCAKE STACK

Organic Highbank treacle dressing or chocolate sauce (Contains 1 – wheat, 3,6,7,8)

#### SCRAMBLED EGGS

With smoked Dublin salmon or rashers (Contains 1-wheat,4,6, 12)

# Allergen Information:

1 Gluten, 2 Crustaceans, 3 Eggs, 4 Fish, 5 Peanuts, 6 Soybeans, 7 Milk, 8 Nuts, 9 Celery, 10 Mustard, 11 Sesame Seeds, 12 Sulphates, 13 Lupin, 14 Mollusks