

## Sample Breakfast Menu

### Hot food counter:

Bacon	Pork Sausages (1,7, 10, 12)
Fried tomato	Baked Beans
Homemade Scrambled egg (3, 7)	Fried eggs
Sautéed mushrooms	Hash browns
Black pudding (1,7,10,12)	White pudding (1,7,10,12)
Pancakes	

### Juice and fruit stand

Chilled Orange juice
Chilled Apple juice
Chilled Grapefruit juice
Freshly Sliced Watermelon
Fresh Fruit Salad
Fresh Apples

### Cereals/Milks:

Corn Flakes (1)		
Rice Krispies (1)	Special K (1,8)	
Bran Flakes (1)	Weetabix (1)	
Fruit N Fibre (1,7)	Granola (1,8)	
Whole Milk (7)	Low Fat Milk (7)	Soya Milk (6)

### Meat & Cheese Selection:

Sliced Ham	Sliced Chorizo	Sliced Salami (7)
Sliced Cheddar Cheese (7)	Emmental Cheese (7)	Brie Cheese (7)

## Cereal Toppings:

Hazelnuts (8)	Chia seeds	Sesame Seeds (11)
Sunflower seeds (8,11)	Dried Apricots	Pumpkin Seeds
Dried Banana Chips	Dates	Maple Syrup
Honey		

## Bread Selection:

Homemade Brown Bread (1,3,7)	Homemade Country Loaf (1,7)
White sliced bread (1,7,11)	Brown sliced bread (1,7,11)
Croissants (1,3,7)	Mini blueberry muffin (1,3,7)
Mini chocolate muffin (1,3,6,7)	

## Chilled Selection:

Natural Probiotic Yogurt (7)	Irish Fruit Yoghurt Selection (7)
Mixed Berry Smoothie, Natural Yogurt, Honey, Milk & Sugar (7,12)	
Pineapple & Mango Smoothie, Natural Yogurt, Honey, Milk & Sugar (7,12)	
Granola Glass (1,8,7)	

## Meat & Cheese Selection:

Sliced Ham	Sliced Chorizo	Sliced Salami (7)
Sliced Cheddar Cheese (7)	Emmental Cheese (7)	Brie Cheese (7)

## Please order the following items with our compliments:

- Oatmeal Porridge with pouring cream & honey (7)
- Boiled Eggs (boiled to your liking) (3)      Poached Eggs (1,3)
- Eggs Benedict (Muffin, Bacon, Poached Egg, Hollandaise Sauce) (1,3,7,12)
- Eggs Florentine (Muffin, Poached egg, Spinach, Hollandaise Sauce) (1,3,7,12)

**ALLERGENS:** 1=cereals containing gluten, 2= crustaceans, 3=eggs, 4= fish, 5= peanuts, 6= soya, 7= milk, 8 =nuts, 9= celery/celeraic, 10 =mustard, 11= seame seeds, 12= sulphur dioxide (sulphites), 13= lupin, 14= molluscs

**Full Breakfast €15.00**

**Continental Breakfast €10.50**