

CONTINENTAL BREAKFAST

€10.50

SELECTION OF JUICES (V, VG, GF, L)

Apple Juice **SP** / Orange Juice **SP**

SELECTION OF FRUIT (V, VG, GF, L)

Fresh Apples and Oranges

FROM THE BAKERY

Croissants **WH LP EG** / Mini French Pastries **WH LP** / Soda Bread **WH LP**

Parisien Bread **WH LP** / White Bread **WH LP** / Brown Bread **WH LP**

Gluten Free Bread (V) (available on request) **LP EG**

SELECTION OF CEREALS **WH LP**

Corn flakes, Coco Pops, Weetabix, Muesli, All Bran

Gluten Free Corn Flakes (V, VG)

PORRIDGE (V, VG, L)

YOGHURTS / MILK (V)

Natural Yoghurt **MK** / Selection of Fruit Yoghurts **MK**

Fresh Milk **MK** / Low Fat **MK**

SELECTION OF CHEESES (V) **MK SP**

SLICES OF COLD MEAT (L) **SP FH**

Ham / Smoked salmon

HOT BREAKFAST

Baked Beans (V) **SP** / Sausages **SP** / Rashers **SP** / MushroomS (V, VG) /
Pudding **SP** / Tomatoes (V, VG) / Vegetarian Sausages (V)

EGGS (V)

Scrambled Eggs **EG MK**

Fried Eggs **EG**

Poached Eggs **EG** (cooked to order)

JUMBO BREAKFAST

(Include Continental & Hot Breakfast)

€17.50

MINI BREAKFAST

€14.50

(One of each of the Hot Breakfast items)

MORNING SPECIALS

EGG OMELETTE (V) €7.50

Choose three filling: Cheese **MK** / Ham **SP** / Tomato / Onion / Mushrooms / Peppers / Plain

PANCAKES (V) **WH EG SP** €7.00

Traditional pancakes served with mixed berries and maple syrup

EGGS BENEDICT **MK SP WH EG** €10.50

Warm, hearty and full of flavour served with bacon, poached egg,
toasted English muffins, hollandaise sauce

(€3.00 TO ADD SMOKED SALMON)

PROTEIN BREAKFAST PLATE (GF) **MK SP EG** €12.50

Kickstart your day with this low carb & high-protein breakfast.
Chicken, poached egg, mozzarella cheese, rocket salad and avocado

(ADD SMOKED SALMON OR SAUSAGE €3.00)

AVOCADO TOAST WITH SMOKED SALMON **FH WH MK EG** €12.50

Sumptuous parisien bread toasted with avocado puree, smoked salmon and poached egg

CLASSIC FRENCH TOAST (V) **WH MK EG** €10.50

Dense brioche slices soaked in a lovely egg wash with a drizzle of maple syrup,

(ADD CRISPY BACON €2.00)

HOT BEVERAGES

Tea	€3.00	Cappuccino	€3.75	Double Espresso	€3.75
Herbal Tea	€3.75	Latte	€3.75	Macchiato	€3.00
Americano	€3.25	Espresso	€3.00	Hot Chocolate	€3.50

ALLERGENS

PEANUTS PN	EGGS EG	CRUSTACEANS CS	MUSTARD MD
TREE NUTS TN	MILK MK	MOLLUSCS MS	SULPHITES (preservative) SP
SESAME SE	SOYA SY	CELERY CY	WHEAT WH
LUPIN LP	FISH FH		

Vegetarian (V) Vegan (VG) Gluten Free (GF) Lactose intolerance (L)

