

# The Kitchen

 MetroHotel  
★★★★ dublin airport

Park, Relax & Enjoy Our Service...

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## BREAKFAST MENU

# CONTINENTAL BREAKFAST

€9.95

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

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

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

Mixed Fruit Salad / 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 Organic Fibre 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**

Cheddar Slices / Philadelphia Cheese / Mozzarella / Brie

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

Ham / Chicken / Smoked salmon

# HOT BREAKFAST

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

€16.95

# MINI BREAKFAST

€13.95

(One of each of the Hot Breakfast items)

# MORNING SPECIALS

## EGG OMELETTE (V) €6.95

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

## PANCAKES (V) **WH EG SP** €6.95

Traditional pancakes served with mixed berries and maple syrup

## EGGS BENEDICT **MK SP WH EG** €9.75

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** €12.00

Kickstart your day with this low carb & high-protein breakfast... It's delicious  
and nutritious-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** €11.50

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

## CLASSIC FRENCH TOAST (V) **WH MK EG** €9.75

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

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

