

CONTINENTAL BREAKFAST

€11.50

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

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

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

Mixed Fruit Salad / Fresh Apples and Oranges

FROM THE BAKERY

Croissants **WH1 LP EG** / Mini French Pastries **WH1 EG LP MK** / Soda Bread **WH3 LP MK**

Parisien Bread **WH1 LP** / White Bread **WH1 LP** / Brown Bread **WH3 LP**

Gluten Free Bread (V, GF) **MK EG**

SELECTION OF CEREALS **WH1 LP**

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

Gluten Free Corn Flakes (V, VG, GF)

PORRIDGE (V, VG, L) **LP2**

YOGHURTS / MILK (V, GF)

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

Fresh Milk **MK** / Low Fat **MK** / Plant Based Milk (V, VG)

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

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

Ham / Smoked Salmon

Includes Tea & Filtered Coffee

COOKED BREAKFAST

€18.50

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

EGGS (V, GF)

Scrambled Eggs **EG MK**

Fried Eggs **EG**

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

Includes Tea & Filtered Coffee

MORNING SPECIALS

EGG OMELETTE (V, GF) €8.50

Choose three fillings: Cheese **MK** / Ham **SP** / Tomatoes / Mushrooms / Peppers / Plain

PANCAKES (V) **WH1 EG** €8.00

Traditional pancakes served with mixed berries and maple syrup

EGGS BENEDICT **MK SP WH1 EG** €11.50

Poached eggs served with bacon, toasted English muffins and hollandaise sauce
 (€3.00 TO ADD SMOKED SALMON)

PROTEIN BREAKFAST PLATE (GF) **MK SP EG** €13.50

Chicken, poached eggs, mozzarella cheese, mixed leaf rocket salad and avocado
 (€3.00 TO ADD SMOKED SALMON)

AVOCADO TOAST WITH SMOKED SALMON **FH WH1 MK EG** €13.50

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

CLASSIC FRENCH TOAST (V) **WH1 MK EG** €11.50

Brioche slices soaked in egg wash with a drizzle of maple syrup
 (€2.00 TO ADD BACON)

HOT BEVERAGES

Tea	€3.50	Cappuccino	€3.95	Double Espresso	€3.95
Herbal Tea	€3.50	Latte	€3.95	Macchiato	€3.50
Americano	€3.50	Espresso	€3.50	Hot Chocolate	€3.95

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

ALLERGENS

PEANUTS PN	EGGS EG	CRUSTACEANS CS	MUSTARD MD
TREE NUTS TN	MILK MK	MOLLUSCS MS	SULPHITES SP
SESAME SE	SOYA SY	CELERY CY	SESAME SE
LUPIN LP1	FISH FH	WHEAT FLOUR WH1	WHOLEMEAL WH3
BARLEY LP1	RYE WH5	SEMOLINA WH2	WHEAT BRAN WH4
OATS LP2			



The Kitchen

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BREAKFAST MENU