

## - LIGHT BREAKFAST -

*Please order from your Server*

PORRIDGE (Oatmeal) 1,7.  
Served with Fresh Cream 7.

TEA OR COFFEE 7., TOAST 1.6.11. & PRESERVES  
Decaffeinated Tea 7., Coffee 7., Hot Chocolate 7.  
and a selection of Herbal Teas 7.

*Please serve yourself at the Buffet*

CHOICE OF JUICE  
Orange, Apple, Cranberry and Grapefruit

CHOICE OF CEREALS  
Kellogg's Special K 1.7. Weetabix 1.  
Muesli 1.5.6.7.8.11. Corn Flakes 1.6.7. Rice Krispies 1.

IRISH YOGHURT 7.

FRESH FRUIT 12., ORANGE SEGMENTS and PRUNES 12.

SELECTION OF FRESHLY BAKED  
Pastries 1.3.7.8.11.12. Breads 1.3.7.8.11. Scones 1.3.7.11.12.

*Available on Request*

Skimmed 7., Soya 6., Almond 8., Oat Milk 1.  
Gluten Free Bread 6.11. Gluten Free Scones 3.7.12.  
Gluten Free Porridge 7.  
Gluten Free Muesli 1 (Gluten Free Rolled Oats) 8.11.  
Should you have a question about any dish, or about allergens,  
please feel free to ask a member of staff

## - COOKED BREAKFAST -

*Please choose one of the following:*

All hot dishes are cooked to order

TRADITIONAL FULL IRISH BREAKFAST

Grilled Bacon 1.3.6.9.10.12.

Sausage 1.2.3.4.6.7.12.

Tomato 6.7.

Black and White Pudding 1.2.3.4.6.7.12.

Free Range Egg (Fried, Boiled or Poached) 1.3.6.

FREE RANGE EGGS

Served Fried, Poached, Scrambled or Boiled 1.3.6.

GRILLED KIPPERS OR FISH OF THE DAY 4.6.  
(10 Minutes Cooking Time)

HOMEMADE AMERICAN STYLE PANCAKES 1.3.6.7.  
Served with Maple Syrup

COLD HAM AND CHEESE PLATE 7.10.12.

ALLERGENS INDEX

1. Wheat 2. Crustaceans 3. Eggs 4. Fish 5. Peanuts 6. Soybeans 7. Milk 8. Nuts 9. Celery  
10. Mustard 11. Sesame Seeds 12. Sulphur Dioxide & Sulphites 13. Lupin 14. Molluscs

*Price List*

Light Breakfast €16

Cooked Breakfast inc Tea/Coffee & Toast €18

Light Breakfast & Cooked Breakfast €22