

DID YOU KNOW.....

HONEY

While organic honey is a great option as a natural sweetener, it also possesses a variety of other health benefits.

This super-food has several elements, that work to improve the health of your body, both inside and out.

Health Benefits include:

Gastrointestinal Disorder Prevention

Topical Healing

Better Athletic Performance

Reduces Throat Irritation

Balance the Body

Regulating Blood Sugar

Pro-biotic

Better Skin

Our honey is Locally sourced from
SEAN DUGGAN, CROOM, CO. LIMERICK



for Culinary Excellence
2015 - 2016



the river restaurant BREAKFAST BUFFET MENU

*Our Breakfast Buffet offers over
100 items!*

‘Georgina Campbell’s Ireland
Irish Breakfast Awards
Hotel Category’



LOCAL SUPPLIERS

J. O’Dea Smoked Cheddar - *Blas na hEireann, The Irish Food Awards Winner 2015*
Achill Island - Sea Salt *Blas na hEireann, The Irish Food Awards Winner 2014*
Flesk Meats, Macroom, Cork - Irish Sausages
Leah’s Foods, Listowel- Black & White Pudding
Pallas Food- Irish Bacon
Sean Duggan, Croom- Free Range Eggs and Honey
Emer O’Flaherty - Ballysalad
Silver Darlings - Herring - *Blas na hEireann, The Irish Food Awards Winner 2015*
Blue Bell Falls - Goats Cheese - *Blas na hEireann, The Irish Food Awards Winner 2015*
Cahills, Newcastlewest- Mature Cheddar

All of our Beef, Pork and Chicken is 100% Irish.
We endeavour to support our local producers where we can within our menus

*We use our Award Winning Homemade Strand Pantry Range in all dishes
containing Caesar Salad Dressing & Curry Dishes*

All of this produce is available to purchase for your use at home from the counter

FROM THE BUFFET

SELECTION OF CEREALS

- Weetabix *1*
- Bran Flakes *1*
- Corn Flakes *1*
- Rice Crispies *1*
- Muesli *1,2,9*
- All Bran *1*
- Special K *(on request) 1*
- Limerick Strand Granola *1,9,10*
- Freshly Made Flahavans Jumbo Oat Porridge *1*

GLUTEN FREE SELECTION

- Muesli *9*
- Corn Flakes
- Rice Cakes
- Gluten Free Bread & Toast

SELECTION OF YOGHURT'S

- Killowen Farm Natural Yoghurt *8*
- Fruit Yoghurt *8*

SELECTION OF FRESH & STEWED FRUIT

- Grapes
- Prunes
- Melon
- Peach
- Watermelon
- Orange
- Fruit Salad
- Grapefruit

SELECTION OF IRISH CHEESES

- Irish Brie *1*
- Cahills Mature Cheddar *1*
- Cashel Blue *1*
- Effin Smoked Cheddar *1*
- Cottage Cheese & Red Radish Salad *1*

COLD MEAT PLATTER

- Sliced Chicken
- Baked Limerick Ham
- Chorizo *12*
- Sliced Salami *12*
- Silver Darlings Herring *Star of the Sea 12, 14*

IN HOUSE BAKERY

A Selection of Homemade:

- Bread Rolls *1*
- Multi-seed Brown Rolls *1*
- Sourdough Loaf *1*
- Fruit Muffins *1,2,8,7,8,9*
- Banana Bread *1,2,7,9*
- Bobby's Soda Bread *1,7,8*

- Croissants *1,2,7,8,9*
- Pain au Chocolate *1,2,7,8,9*
- Danish Pastry *1,2,8,7,9*
- Scones *1,7,8*

Brown & White Bread/Toast *1*

FRUIT & VEGETABLES

- Selection of Nuts & Dried Fruits *2,9,10*
- Fresh Fruit Display
- Olives
- Carrots
- Lettuce
- Lemons
- Celery
- Tomatoes

- Selection of Limerick Strand Pantry Range Preserves & Chutneys
- Honey Comb
- Local Flavoured Honeys

THE BUFFET

HOT ITEMS

- Local Irish Bacon *3,12*
- Local Irish Sausage *3,12*
- Local Irish Black & White Pudding *1,7,12,14*
- Sautéed Potato *3,7*
- Sautéed Mushrooms *3,7*
- Scrambled Local Free Range Egg *g 7,8*
- Grilled Tomato

CHEFS STATION

MADE TO ORDER

Our Breakfast Chefs will happily create the following at the Breakfast Buffet.

FREE RANGE EGGS YOUR WAY

- Fried *3,7*
- Boiled *7*
- Poached *7*
- Scrambled *7,8*
- Eggs Benedict *(€6.00 supplement applies please ask your server) 7,8,12*
- Eggs Florentine *(€6.00 supplement applies, please ask your server) 7,8,12*

2 EGG OMELETTE WITH CHOICE OF FILLINGS *7,8,3*

- Ham
- Onion
- Peppers
- Tomato
- Mushrooms
- Cheese *8*

FLUFFY PANCAKES OR BELGIAN WAFFLES WITH CHOICE OF TOPPING:

- Nutella *8,9*
- Lemon Juice
- Sugar
- Banana
- Fresh Fruit
- Golden Syrup
- Local Honey

*Please allow time for made to order Eggs and Pancakes to be prepared by our Chef.

SMOOTHIE STATION

Please ask at the Chef's station for details today's offering

DRINKS

- Orange Juice, Apple Juice, Cranberry Juice, Lemonade & Iced Water

Please note* Pots of Tea & Coffee is Served to Your Table

HOT BEVERAGE MACHINE

- Hot Chocolate, Cappuccino, Latte, Mocha, Espresso & Flat White *8*

DIETARY REQUIREMENTS

As we are handling multiple food allergen ingredients within our kitchens, we make every effort to prevent a possible 'cross-over' during preparation & service, however can not guarantee complete absence of traces of other. Food Allergens or the presence of possible airborne allergens. Should you suffer from a SEVERE Food Allergy, please make this known to us and we will discuss further requirements to accommodate your needs.

