

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



the river restaurant

BREAKFAST BUFFET MENU

*Our Breakfast Buffet offers over
100 items!*

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



*Breakfast Buffet
€16.00 per Adult
€5.50 per Child*

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

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

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
- Wicked Wholefoods 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/Apricots/Pears
- Watermelon Orange
- Fruit Salad Grapefruit

SELECTION OF IRISH CHEESES

- Irish Brie 1
- Leah's Chilli Cheddar 1
- Cashel Blue 1
- Effin Smoked Cheddar 1

COLD MEAT PLATTER

- Sliced Chicken
- Baked Irish Ham
- Chorizo 12
- Sliced Salami 12

IN HOUSE BAKERY

- A Selection of Homemade:
- Bread Rolls 1
- Multi-seed Brown Rolls 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
- Brown & White Bread/Toast 1

FRUIT & VEGETABLES

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

- Selection of Limerick Strand Pantry Range Preserves & Chutneys
- Honey Comb from Croom
- Local Flavoured Honeys
- Olive Oil
- Balsamic Vinegar

CHEFS STATION

HOT ITEMS

- McCarren Irish Bacon 3,12
- Flesk Meats Pork Sausages 1,3,12
- Leah's Traditional Irish Black & White Pudding 1,7,12,14
- Sautéed Potato 3,7
- Sautéed Mushrooms 3,7
- Croom Scrambled Free Range Egg g 7,8
- Grilled Tomato

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 (€6.50 supplement applies please ask your server) 7,8,12
- Eggs Florentine (€6.50 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 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
- & 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.

