

**FROM THE BREAKFAST STATION
(INDIVIDUALLY WRAPPED)**

SELECTION OF CEREALS

Weetabix ¹
Bran Flakes ¹
Corn Flakes ¹
Rice Crispiers ¹
Muesli ¹
All Bran ¹
Granola ^{1,9,10}

GLUTEN FREE SELECTION

Chocolate Rice Cakes
Oat & Puffed Rice Granola
Rigneys Granola ^{9,10}
Gluten Free Bread & Toast
Muesli ^{9,10}
Corn Flakes
Rice Cakes

SELECTION OF YOGURTS

Killowen Farm Natural Yogurts ⁸
Fruit Yogurt ⁸

SELECTION OF FRESH FRUIT

Grapes
Melon
Fruit Salad

LOCAL CHEESE SELECTION

Irish Brie ¹
Cashel Blue ¹
Effin Smoked Cheddar ¹
Selection of Limerick Strand Pantry Range Preserves & Chutneys

COLD MEAT PLATTER

Steamed Chicken
Chorizo ¹²
Sliced Salami ¹²

ORDER FROM THE KITCHEN

FRESHLY MADE FLAHAVANS JUMBO OAT PORRIDGE ^{1,8}

BREAKFAST PASTRY SELECTION AND BANANA BREAD ^{1,7,8}

BROWN & WHITE TOAST ^{1,3}

FRESHLY PREPARED BREAD SELECTION

Crusty Roll ¹, Sourdough ¹ and Soda Bread ^{1,7,8,9}



"YOU ARE IN SAFE HANDS AT THE STRAND"

To view our full COVID 19 guidelines
please visit www.strandlimerick.ie

BREAKFAST MENU
16.00 per adult/6.00 per child

ORDER FROM THE KITCHEN

BEST OF THE WEST FULL IRISH BREAKFAST

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 ^{7,8}
Grilled Tomato

FREE RANGE EGGS YOUR WAY

Fried ^{3,7}
Boiled ⁷
Poached ⁷

2 EGG OMELETTE WITH CHOICE OF FILLINGS ⁷

Ham
Onion
Peppers
Tomato
Mushrooms
Cheese ⁸

PANCAKES WITH CHOICE OF TOPPING

Nutella ^{3,8,9}
Lemon Juice
Sugar
Banana
Fresh Fruit
Golden Syrup
Local Honey

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

SMOOTHIE OF THE DAY

Please ask your server for today's offering.

DRINKS

Pots of Tea & Coffee is served to your table
Orange Juice, Apple Juice, Cranberry Juice & Iced Water
Hot Chocolate, Cappuccino, Latte, Mocha, Espresso & Flat White

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.



(V) = Vegetarian



= Plant Based (vegan)

(NG) = No Added Gluten