

GOOD MORNING!

€16.00 per adult and €6.00 per child



from the breakfast station

CEREAL SELECTION

Weetabix **1**
Bran Flakes **1**
Corn Flakes **1**
Rice Crispies **1**
Muesli **1**
All Bran **1**
Granola **1, 9, 10**

GLUTEN FREE SELECTION

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

YOGURTS

Killowen Farm
Natural Yogurts **8**
Fruit Yogurt **8**
Fruit Compote & Yogurt Pots
Overnight Oats & Fruit

FRESH FRUIT

Grapes, Melon, Fruit Salad

LOCAL CHEESE

Irish Brie **8**
Cashel Blue **8**
Effin Smoked Cheddar **8**
Selection of Limerick
Strand Pantry Range
Preserves & Chutneys
3, 5, 8, 9, 12, 14

from the kitchen

FLAHAVANS JUMBO OAT PORRIDGE (1, 8)

STRAND BREAKFAST PASTRY SELECTION & BANANA BREAD (1, 2, 7, 8, 9)

BROWN & WHITE TOAST (1, 3)

FRESHLY PREPARED BREAD SELECTION

Crusty Roll (1), Sourdough (1), Soda Bread (1, 7, 8, 9)

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 (1, 3, 7), Sautéed Mushrooms (1, 3, 7),
Croom Scrambled Free Range Egg (7, 8), Grilled Tomato

FREE RANGE EGGS YOUR WAY (7)

Fried (3) / Boiled / Poached

2 EGG OMELETTE WITH CHOICE OF FILLINGS (7)

Omelette made to order with your choice of Ham,
Onion, Peppers, Tomato, Mushrooms, Cheese (8)

PANCAKES WITH CHOICE OF TOPPING (1, 7, 8)

Nutella (3, 8, 9), Lemon Juice, Sugar, Banana,
Fresh Fruit, Golden Syrup, Local Honey, Irish Bacon (3, 12)

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

drinks

POTS OF TEA & COFFEE

served to your table

OTHER HOT DRINKS

hot chocolate, cappuccino, latte, mocha, espresso, flat white

SMOOTHIE OF THE DAY

please ask your server about today's smoothie

JUICES & WATER

Orange Juice, Apple Juice, Cranberry Juice & Iced Water

1 Gluten **2** Peanuts **3** Soya **4** Molluscs **5** Celery **6** Lupin **7** Egg **8** Lactose **9** Nuts **10** Sesame **11** Crustaceans **12** Sulphites **13** Fish **14** Mustard

We handle multiple food allergen ingredients in our kitchen and while we make every effort to prevent cross contamination during prep and service we cannot guarantee the complete absence of allergens. If you suffer from severe food allergies, please let your server know and we can discuss further requirements.