

# 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

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**

### 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 hot breakfast station

### FLAHAVANS JUMBO OAT PORRIDGE (1, 8)

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

### BROWN & WHITE TOAST (1, 3)

### BEST OF THE WEST FULL IRISH BREAKFAST

Irish Bacon **(3, 12)**, Pork Sausages **(1, 3, 12)**,  
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.