

GOOD MORNING!

€17.00 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**

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

GLUTEN FREE SELECTION

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

YOGURTS

Killowen Farm Natural Yogurts **8**

FRESH FRUIT

Grapes, Melon, Fruit Salad,
Apricots, Prunes, Orange
& Grapefruit Segments

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

CHARCUTERIE

Chorizo, Salami & Ham

PANCAKES WITH TOPPINGS **(1, 7, 8)**

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

from the hot breakfast station

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

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

FREE RANGE EGGS YOUR WAY **(7)**

Fried **(3)** / Boiled / Poached

2 EGG OMELETTE WITH CHOICE OF FILLINGS **(7)**

Ham, Onion, Peppers, Tomato, Mushrooms, Cheese **(8)**

BEST OF THE WEST FULL IRISH BREAKFAST

Irish Bacon **(3, 12)**,
Pork Sausages **(1, 3, 12)**,
Grilled Tomato
Sautéed Potato **(1, 3, 7)**,
Sautéed Mushrooms **(1, 3, 7)**,
Croom Scrambled Free Range Egg **(7, 8)**,
Traditional Irish Black & White Pudding **(1, 7, 12, 14)**

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.