

GOOD MORNING!

€18.00 per adult €6.00 per child

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
Muesli ^{9, 10}
Gluten Free Bread & Toast
Rigneys Granola ^{9, 10}
Nuts & Dry Fruit Selection ⁹

YOGURTS

Killowen Farm Natural
Yogurts ⁸
Fruit Yogurt ⁸

LOCAL CHEESE

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

FRESH FRUIT

Grapes, Pineapple,
Watermelon, Apples
Melon & Oranges

from the hot breakfast station

FLAHAVANS JUMBO OAT PORRIDGE ^{9, 10}

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
Croom Scrambled Free Range Egg ^{7, 8}
Grilled Tomato
Baked Beans
Fried Eggs ^{7, 8}

FREE RANGE EGGS YOUR WAY ^{3, 7}

Boiled / Poached

PANCAKES WITH CHOICE OF TOPPING

Nutella ^{3, 8, 9}, Lemon Juice, Sugar, Banana, Peanut
Butter ², 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

OTHER HOT DRINKS

hot chocolate, cappuccino, latte, mocha, espresso, flat white ⁸

SMOOTHIE OF THE DAY

please ask your server about today's smoothie

JUICES & WATER

Orange Juice, Apple 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.