

GOOD MORNING!

€19.00 per adult €9.00 per child

the breakfast station

CEREAL SELECTION Weetabix <i>1</i> Bran Flakes <i>1</i> Corn Flakes <i>1</i> Rice Crispies <i>1</i> Muesli <i>1</i> All Bran <i>1</i> Granola <i>1, 9, 10</i>	GLUTEN FREE SELECTION Oat & Puffed Rice Granola Corn Flakes Muesli <i>9, 10</i> Gluten Free Bread & Toast Rigneys Granola <i>9, 10</i> Nuts & Dry Fruit Selection <i>9</i>	YOGURTS Killowen Farm Natural Yogurts <i>8</i> Fruit Yogurt <i>8</i> FRESH FRUIT Pineapple, Watermelons Melon, Grapefruit	LOCAL CHEESE Irish Brie <i>8</i> Cashel Blue <i>8</i> Effin Smoked Cheddar <i>8</i> Selection of Limerick Strand Pantry Range <i>8</i> Preserves & Chutneys <i>3, 5, 8, 9, 12, 14</i>
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from the hot breakfast station

FLAHAVANS JUMBO OAT PORRIDGE

9, 10

STRAND BREAKFAST PASTRY SELECTION

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 Sautéed Potato*1, 3, 7* Sautéed
Mushrooms Croom Scrambled Free *1R, a 3n, g7e Egg7, 8*
Grilled Tomato
Baked Beans
Fried Eggs

FREE RANGE EGGS YOUR WAY *3,7*

Boiled / Poached

PANCAKES/WAFFLES 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*

7, 8

drinks

OTHER HOT DRINKS

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

JUICES & WATER

Orange Juice, Apple Juice & Iced Water

SMOOTHIE OF THE DAY

please ask your server about today’s smoothie

1 Gluten 2 Peanuts 3 Soya 4 Molluscs 5 Celery 6 Lupin 7 Egg 8 Lactose 9 Nuts10 Sesame11 Crustaceans12 Sulphites13 Fish14 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.