

# GOOD MORNING!

€19.00 per adult €9.00 per child

## the breakfast station

### CEREAL SELECTION

Weetabix <sup>1</sup>  
Bran Flakes <sup>1</sup>  
Corn Flakes <sup>1</sup>  
Rice Crispies <sup>1</sup>  
All Bran <sup>1</sup>  
Granola <sup>1, 9, 10</sup>

### GLUTEN FREE SELECTION

Oat & Puffed Rice Granola  
Corn Flakes  
Muesli <sup>9, 10</sup>  
Gluten Free Bread & Toast  
Rigneys Granola <sup>9, 10</sup>  
Nuts & Dry Fruit Selection <sup>9</sup>

### YOGURTS

Killowen Farm Natural  
Yogurts <sup>8</sup>

Fruit Yogurt <sup>8</sup>

### FRESH FRUIT

Grapes, Pineapple,  
Watermelon, Apples  
Melon & Mixed Grapes

OVERNIGHT OATS <sup>1, 8, 9</sup>

CHIA SEED PUDDING <sup>3, 9</sup>

### LOCAL CHEESE

Irish Brie <sup>8</sup>

Cashel Blue <sup>8</sup>

Effin Smoked Cheddar<sup>8</sup>

Selection of Limerick Strand  
Pantry Range <sup>8</sup>

Preserves & Chutneys

<sup>3, 5, 8, 9, 12, 14</sup>

### BREADS

Brown / White

Soda Bread

Sourdough Bread

Bagels

Multiseed Bread

Banana Bread

<sup>1</sup>

## from the hot breakfast station

### BEST OF THE WEST FULL IRISH BREAKFAST

Irish Bacon <sup>3, 12</sup>

Pork Sausages <sup>1, 3, 12</sup>

Traditional Irish Black & White Pudding <sup>1, 7, 12, 14</sup>

Sautéed Potato <sup>1, 3, 7</sup>

Sautéed Mushrooms <sup>1, 3, 7</sup>

Croom Scrambled Free Range Egg <sup>7, 8</sup>

Grilled Tomato

Grilled Vegetables

Fried Eggs <sup>7, 8</sup>

### STRAND BREAKFAST

#### PASTRY SELECTION

<sup>1, 2, 7, 8, 9</sup>

### PANCAKES WITH CHOICE OF TOPPING

Nutella <sup>3, 8, 9</sup>

Lemon Juice

Sugar

Banana

Peanut Butter <sup>2</sup>

Fresh Fruit

Golden Syrup

Local Honey

Irish Bacon <sup>3, 12</sup>

## from the kitchen

### FREE RANGE EGGS YOUR WAY

Boiled / Poached

<sup>3, 7</sup>

### FLAVANS JUMBO OAT PORRIDGE

<sup>9, 10</sup>

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

## drinks

### OTHER HOT DRINKS

hot chocolate, cappuccino, latte, mocha,  
espresso, flat white <sup>8</sup>

### JUICES & WATER

Orange Juice, Apple Juice, Cranberry Juice  
& Iced Water

### SMOOTHIE OF THE DAY

please ask your server about today's smoothie

### POWER SHOT

Beetroot, Ginger & Orange Shot

### MILK

Whole Milk

Low Fat Milk

Soy Milk

Oat Milk

Almond Milk

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.