

GOOD MORNING!

€19.00 per adult €9.00 per child

the breakfast station

CEREAL SELECTION

Weetabix ¹
Bran Flakes ¹
Corn Flakes ¹
Rice Crispies 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

FRESH FRUIT

Grapes, Pineapple, Watermelon, Apples
Melon & Mixed Grapes

OVERNIGHT OATS ^{1, 8, 9}

CHIA SEED PUDDING ^{3, 9}

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}

BREADS

Brown / White
Soda Bread
Sourdough Bread
Bagels
Multiseed Bread
Banana Bread ¹

from the hot breakfast station

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
Grilled Vegetables
Fried Eggs ^{7, 8}

STRAND BREAKFAST PASTRY SELECTION

^{1, 2, 7, 8, 9}

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}

from the kitchen

FREE RANGE EGGS YOUR WAY

Boiled / Poached
^{3, 7}

FLAVANS JUMBO OAT PORRIDGE

^{9, 10}

** 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 ⁸

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 Milk 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.