



## Breakfast Menu

### Hot Breakfast

#### Full Irish Breakfast

Two Eggs (fried, poached or scrambled), Two Sausages, Two Bacon, Sautéed Mushrooms, Slow-roasted Tomato, Sautéed Potato, Baked Beans, and Toast (Contains Allergens 2, 3, 8, 12, 13, 14)

#### Homemade Buttermilk Pancakes

Served with Crisp, Smoked Streaky Bacon & Maple Syrup (Contains Allergens 2, 3, 8)

#### Three Egg Omelette

With Ham, Cheese, Tomato & Spinach (Contains Allergens 3, 8)

#### Eggs to Order

A choice of either two Fried, Scrambled or Poached Eggs  
Served with Toasted Homemade Soda Bread (Contains Allergens 2, 3, 8, 9 (walnuts))

#### Creamy Organic Porridge

With Fresh Berries & Drizzled Honey (Contains Allergens 2, 8)

#### Freshly Baked, Homemade Scone

Served with Jam & Cream (Contains Allergens 2, 3, 8)

#### Allergen List

1 Celery 2 Cereals 3 Eggs 4 Fish  
5 Crustaceans 6 Molluscs 7 Lupins 8 Milk 9 Nuts 10 Peanut  
11 Sesame 12 Soya 13 Sulphur Dioxide 14 Mustard

### Buffet Selection

#### Individual Fruit Salad Pots

Freshly prepared selection of fruits

#### Wrapped Pastries

A selection of freshly baked Croissants, Pain au Chocolate, and Raisin Danish (Contains Allergens 2, 3, 8)

#### Wrapped Bread Rolls

Individually wrapped White Bread Rolls & Soda Bread (Contains Allergens 2, 3, 8)

#### Cold Meat Plates

An individually prepared plate with cold meat selection (Contains Allergens 13, 14)

#### Cold Salad Bowls

Individually prepared bowls of mixed, Mediterranean Salad, consisting of Cucumber, Cherry Tomatoes, Celery, Mixed Leaves & Red Onion

#### Miniature Boxed Cereals

Selection of miniature boxes of Rice Crispies, Corn Flakes & Bran Flakes (Contains Allergens 2)

#### Individual Granola Pots

Layered levels of Granola & Natural Yoghurt, topped with a Berry Compote (Contains Allergens 2, 8)