



*Fáilte Go Dtí Bialann Na Pairce. Go Mbainfidh Tú Taitheamh As Do Bhéile
Good Morning And Welcome To The Park Restaurant*

CONTINENTAL BREAKFAST FROM THE BUFFET

Fresh Fruit Cuts

*Mandarin Orange Segments, Grapefruit Segments, Stewed Prunes
Selection of Whole Fruit
Natural & Strawberry Yogurts, Dried Fruits, Seeds & Nuts*

From our Cereal Bar (4, 5, 6)

Cornflakes (6 Wheat), Rice Krispies (6 Wheat), Muesli (6 Wheat, Oats), or Coco Pops (6 Wheat)

A Selection of Juices

Orange, Apple, Pineapple or Cranberry

Cold Meat & Fish Selection (3, 5, 7, 9, 13)

*Home Baked Honey and Mustard Glazed Gammon
Salami & Pastrami
Spillane's Smoked Salmon, Capers & Onions
A selection of Irish and Continental Cheeses to include;
Irish Red & White Cheddar, French Brie, Ballymaloe Relish, Dried Fruits and Celery*

Bakery Selection (5, 6 Wheat, Oat, 7, 11)

*Brown Soda Bread
A selection of Raisin Danish, Butter Croissants & Pain au Chocolate
Chocolate & Blueberry Muffins
White & Brown Toast*

From our Gluten Free Counter – Please ask your server

*Muesli, (4, 5 Brazil nut, Hazelnut, 6 Wheat, 8),
Cornflakes, Rice Kipsies
Gluten Free Bread*

COOKED BREAKFAST

The Rose Hotel Full Irish Breakfast (5, 6 Rusk, Wheat, Oats, 7, 9, 11)

*Grilled Irish Bacon, Pork Sausage, Black and White Pudding, Grilled Tomato, Hash Brown, Flat Cap
Mushroom and Eggs cooked to your liking - Fried, Poached or Scrambled*

Gluten Free Breakfast (5, 11)

Grilled Irish Bacon, Grilled Tomato, Egg, Mushroom, Sauté Potatoes, Sausages, Black & White Pudding

Slow Cooked Porridge (6 Oats, 7)

served with Honey & Cream

The Mini Rose Breakfast (6 Rusk, 9, 11)

*Grilled Irish Bacon, Egg, Sausage & Grilled Tomato
Spillane's Smoked Salmon Bagel (3, 6 Wheat, Rusk, 7, 13) Cream Cheese and Red Onion*

Warm Pancakes (6 Wheat, 7)

With Berry Compote and Maple Flavoured Syrup or Plain with Lemon and Sugar

Belgian Waffles (6, 7, 11)

Dusted with Icing Sugar, Maple Flavoured Syrup



All our meat and fish are from locally sourced suppliers where season and conditions allow.

ALLERGEN ADVICE

If you have a food allergy or food intolerance please speak to a member of our staff, who are fully trained in allergy awareness before you order your food and drinks. Please refer to allergen index, where the allergens are listed numerically and presented in that format under each item.

1&2-Shellfish	5-Nuts	8-Soya	11-Egg
3-Fish	6-Wheat	9-Sulphur	12-Celery
4-Peanuts	7-Milk	10-Sesame	13-Mustard
			14-Lupins

