

If you would like information on ingredients within our menu items in relation to allergens or food intolerance, please ask a member of staff who will be able to assist you.

15922



good morning

FULL IRISH BREAKFAST €18.00  
GO CONTINENTAL €14.00

## cereal selection

**Cornflakes**

gluten free cornflakes available on request

**Toasted Granola**

**Bran flakes**

**Muesli**

**Porridge**

available on request

## bakery selection

*blackcurrant & strawberry jam,  
marmalade to complement*

**Croissants,**

**Pain au Chocolat**

**Danish pastry**

**Brown Soda**

**Multi-seed, Wholemeal and White bread**

gluten free bread available on request

## healthy options

**Low Fat Natural Yoghurt**

**Homemade Fruit Salad**

**Prunes**

**Granola pots**

**Sunflower Seeds**

**Flaked Almonds**

**Pumpkin Seeds**

**Boiled Egg**

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## cold meats & cheeses

**Low Fat Baked Ham**

**Salami**

**Chorizo**

**Dubliner White & Red Medium Cheddar**

## hot breakfast

**Baked Grilled Pork Sausage**

**Back Bacon**

**Streaky Bacon**

**Black & White Pudding**

**Mushrooms**

**Roast Tomato**

**Hash Brown**

**Scrambled Egg**

**Poached & Fried Egg**

available on request

## chilled drinks

**Apple, Orange & Grapefruit Juice**

**Infused Water**

**Milk**

**Soya Milk**

## hot drinks

**Freshly brewed Bean to Cup Coffee**

**Selection of Premium Mixed Teas**

**Breakfast tea**