

# Good morning

We hope that you are well rested and ready to enjoy your breakfast.  
Please help yourself to our cold and hot buffet selection.  
We will take your order for hot drinks, toast and porridge.

## COLD BUFFET

### Juice Bar

Orange, Apple, Cranberry, Infused water

### Continental Station

Selection of Breakfast Cereals, Muesli 1w | 1b | 7 | 8a | 8h | 11  
*almond, oat and soy milks are available and suitable for plant based diets*

## CHEF EIMEAR FLYNN'S IN HOUSE BAKERY

Mini Savoury Scones of the day, Banana Bread,  
Butter Milk Soda Bread and Brown Soda Bread 1o | 1w | 3 | 6 | 7 | 8w | 11

### Selection of Charcuterie, Cheeses and Smoked Salmon

Peppered Salami, Chorizo, Baked Ham, Daly's of Cahersiveen Oak  
Smoked Salmon, Camembert from Cooleeney Farm, Tipperary,  
Old Irish Creamery Porter Cheese from Limerick, Matured White  
Cheddar Cheese from West Cork, Smoked Knockanore Cheese from  
Waterford.  
1b | 4 | 7

## A LIGHT START TO THE DAY

Flahavan's of Waterford Porridge 1o | 1b | 1w  
*served with maple syrup or mixed berry compote (suitable for plant-based diets) Or  
Boyne Valley honey. Please order with your server.*

Selection of Dried Fruits and Nuts 8a | 8pe | 8w

Fresh Fruit Salad

Yogurt from Hayes Farm, Co. Tipperary 7  
*plain or fruit, vegan yogurt available on request*

## HOT BUFFET

Irish Pork Sausages and Rashers 1w | 12  
*Tim Jones Family Butcher, Killarney*

Black and White Pudding 1w | 1o  
*Loughnane's Family Butchers, Galway*

Fried, Scrambled or Hard Boiled Eggs 3 | 7  
*all our eggs are Bord Bia Quality Assured Class A Irish eggs*

Gold Circle Button Mushrooms from Co. Monaghan

Hash Browns, Baked Beans 12, Grilled Tomatoes

Tasty Potato Farl 1w | 7  
*from the world-famous Irwin's Bakery in Armagh,  
fried in lashings of Kerrygold butter*

Pancakes with Various Toppings 1w | 3 | 7 | 8h | 12

Available on Request  
*smoked mackerel 4, poached eggs, omelette 3*

## VEGAN BREAKFAST

Hash Brown Potato  
Tomato  
Tenderstem Broccoli  
Chickpeas Provençale 12  
Mushrooms  
Beans 12  
Sausage 1w | 1b | 6 | 12

## GLUTEN FREE

Gluten Free Cereals  
*(available at the buffet)*

Porridge, Bread and  
Sausages 7 | 11  
*(available on request)*

*Our bacon, tomatoes, eggs,  
hash browns, mushrooms &  
beans are coeliac friendly.*

### Allergens:

Barley: 1b, Oats: 1o, Wheat: 1w | Crustaceans: 2 | Eggs: 3 | Fish: 4 | Peanuts: 5 | Soy Beans: 6  
Milk: 7 | Almonds: 8a, Hazelnuts: 8h, Walnuts: 8w | Pecans: 8pe | Celery: 9 | Mustard: 10  
Sesame Seeds: 11 | Sulphites: 12 | Lupin: 13 | Mollusks: 14

ALL 14 ALLERGENS ARE OPENLY USED THROUGHOUT OUR KITCHEN, TRACE AMOUNTS MAY  
BE PRESENT AT ALL STAGES OF COOKING.