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### **CONTINETAL BREAKFAST** GOOD MORNING TABLE SERVICE ONLY

### A CHOICE OF TEA OR COFFEE WILL BE SERVED AT YOUR TABLE

#### JUICES

- Chilled Orange Juice
- Apple Juice

### **FRUIT & FRUIT SALADS**

- Sliced Watermelon, Honeydew Melon & Pineapple Shot
- Blueberries, Apples, Bananas & Oranges

### **BREAKFAST CEREALS**

- Cornflakes (1)(4)
- Rice Crispies (1)
- Muesli (1)(7)(8)(9)
- Weetbix(1)
- Selection of seeds & nuts (7)(8)(9)
- Gluten Free Cereals
- 100% Wholegrain Oats (1)(9)

### **GRANOLA SHOT**

• Fruit Compote, Natural Yogurt (4), Granola (1)(9)& Fresh Fruit

#### MILK/YOGURT

- Full/Low Fat milk (4), Variety of plant based milks available on request
- yougurt in variety of flavours (4)(9)

### COLD MEATS

• Available on request

### **BREADS & PASTRIES**

- Sliced Irish Toasting Bread White (1) & Brown (1)(2)(3)(4)(7)(8)
- Homemade Brown Soda Bread (1)(2)(3)(4)(7)(8)
- Mini Butter Croissants (1)(4)
- Mini Danish Pastries (1)(4)
- Butter (4), Jams, Honey





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### TRADITIONAL FULL IRISH BREAKFAST

 Grilled Bacon, Sausage, Black & White Pudding, Saute Mushrooms, Grilled Tomato & Choice of Fried, Poached, Scrambled or Boiled Egg (1)(3)(4)(6)

#### SMALL IRISH BREAKFAST

 One Bacon, One Sausage, Black & White Pudding, Saute Mushrooms, Grilled Tomato & Choice of Fried, Poached, Scrambled or Boiled Egg (1)(3)(4)(6)

## **VEGETARIAN BREAKFAST**

• Baked Beans, Saute Mushrooms, Grilled Tomato & Choice of Fried, Poached, Scrambled or Boiled Egg (1)(3)(4)(13)

## SOMETHING A LITTLE DIFFERENT

## **SMOKED SALMON & SCRAMBLED EGGS**

• Scrambled Eggs and Smoked Salmon on Sour Dough (1)(3)(4)

## POACHED EGG & AVOCADO

• Two Poached Eggs & Avocado on Sour Dough (1)(3)(4)

## **BUTTERMILK PANCAKES**

• Homemade Pancakes with Blueberry Compote or Maple Syrup & Crispy Bacon (1)(3)(4)

# HOT BEVERAGE MACHINE

Cappuccino, Cafe Latte or Hot Chocolate (4) €3.75, Espresso €2.90