

**To start:**

**Freshly brewed tea or coffee  
(herbal teas available)  
& our 2-tier breakfast**

Our tiered continental breakfast includes a selection of breads, pastry, fruit, yoghurt parfait, smoothie of the day and a few little twists. (1\*,3,4,7\*,8,9)

Please note due to variety, allergens present may vary.

If you have allergies, it's always best to check and we will gladly help.

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**To set you up for the days adventure:**

**Blueberry Buttermilk Pancakes (1,3,7,8)**

Fresh raspberries, maple syrup, toasted almonds, lemon cream

**Eggs Florentine (1\*,3,7\*)**

Wilted spinach, two poached eggs, grilled sourdough, hollandaise sauce

**Full Irish Breakfast (1\*,3\*,7\*)**

Loughnane's pork and apple sausage, dry cured rashers, black pudding, poached eggs, portobello mushroom, tomato relish, grilled sourdough focaccia

**Eggs Benedict (1\*,3,7)**

In house honey baked ham on grilled sourdough with poached eggs and hollandaise sauce

**Avocado & Eggs (1\*,3,9,11)**

Smashed avocado on grilled focaccia with poached eggs, roast vine tomatoes, pomegranate, and toasted seeds

**Eggs Royale (1\*,3,4,7)**

Oak smoked salmon, grilled sourdough, poached eggs, hollandaise sauce

**Full Vegan Breakfast (1\*)**

Avocado and pomegranate on grilled sourdough focaccia, wilted spinach, braised portobello mushroom, smoky beans and roast vine tomatoes

*Gluten Free Bread Available*



## **Good morning!**

We hope you slept well and have a great start to your day with our breakfast. For in house residents, the full menu is complementary.

We like supporting local and Irish as best we can, with a focus on home baking, traditional hearty breakfasts, and some healthy options as well.

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### **Allergens:**

1 = Gluten	2 = Crustacean	3 = Eggs
4 = Fish	5 = Peanuts	6 = Soyabeans
7 = Milk	8 = Nuts	9 = Celery
10 = Mustard	11 = Sesame seeds	
12 = Sulphites	13 = Lupin	14 = Molluscs