

AWAKENED

JUICES, STILL WATER, FRESH COFFEE OR BREAKFAST TEA, WILL BE SERVED TO YOUR TABLE

B HEALTHY BREAKFAST SELECTION

BREAD & PASTRIES

High Fibre Brown Bread
Croissant
Pain au Chocolat

Contains allergens 6(wheat), 7, 8, 9, 10, 11

CHEESE & YOGURT

Irish & Continental Cheese Selection
Irish Killowen Farm Yogurt Selection
Contains allergen 7

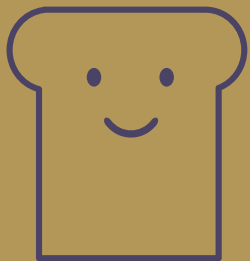
FRUIT

Fresh fruit Salad
Freshly Cut Melon, Apple and Grape
Whole Apple
Grapefruit Segments

CEREALS

Kellogg's Corn Flakes
Irish Natural Yoghurt and Rice Crispies
Fresh Hot Paddy'Os Porridge
Quality Irish Muesli
Contains allergens 5(almonds), nut traces, 6(wheat), oats

B INDULGENT BREAKFAST SELECTION



THE IRISH BREAKFAST PLATE

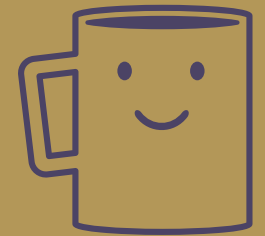
Grilled Back Bacon,
Heaney's Award-Winning Irish Pork Sausage,
Country Style Black and White Pudding, Grilled Tomato,
Sautéed Mushrooms, your Choice of Eggs:
Fried, Poached or Scrambled, Toast
Contains allergens 6(wheat,barley), 7, 8, 9, 11

THE VEGAN BREAKFAST

Grilled Ciabatta, Sautéed Mushrooms, Thyme
Contains allergen 6(wheat)

SCRAMBLED EGGS & BACON

Served on Sourdough Toast
Contains allergen 6(wheat), 9, 11



STAY WELL | STAY SAFE

ALLERGEN INDEX

1 - Crustaceans, 2 - Molluscs, 3 - Fish, 4 - Peanuts, 5 - Nuts - 6 - Cereals containing Gluten, 7 - Milk/Milk Products,
8 - Soya, 9 - Sulphur Dioxide, 10 - Sesame Seeds, 11 - Egg, 12 - Celery & Celeriac, 13 - Mustard, 14 - Lupins