

# GOOD MORNING!

€19.00 per adult €9.00 per child

## the breakfast station

### CEREAL SELECTION

Weetabix <sup>1</sup>  
Bran Flakes <sup>1</sup>  
Corn Flakes <sup>1</sup>  
Rice Crispies <sup>1</sup>  
Muesli <sup>1</sup>  
All Bran <sup>1</sup>  
Granola <sup>1, 9, 10</sup>

### GLUTEN FREE SELECTION

Oat & Puffed Rice Granola  
Corn Flakes  
Muesli <sup>9, 10</sup>  
Gluten Free Bread & Toast  
Rigneys Granola <sup>9, 10</sup>  
Nuts & Dry Fruit Selection<sup>9</sup>

### YOGURTS

Killowen Farm Natural  
Yogurts <sup>8</sup>  
Fruit Yogurt <sup>8</sup>

### FRESH FRUIT

Grapes, Pineapple,  
Watermelon, Apples  
Melon & Oranges

### LOCAL CHEESE

Irish Brie <sup>8</sup>  
Cashel Blue <sup>8</sup>  
Effin Smoked Cheddar<sup>8</sup>  
Selection of Limerick Strand  
Pantry Range <sup>8</sup>  
Preserves & Chutneys  
<sup>3, 5, 8, 9, 12, 14</sup>

## from the hot breakfast station

FLAHAVANS JUMBO OAT PORRIDGE

<sup>9, 10</sup>

**STRAND BREAKFAST PASTRY SELECTION  
& BANANA BREAD <sup>1, 2, 7, 8, 9</sup>  
BROWN & WHITE TOAST <sup>1, 3</sup>**

### BEST OF THE WEST FULL IRISH BREAKFAST

Irish Bacon <sup>3, 12</sup>  
Pork Sausages <sup>1, 3, 12</sup>  
Traditional Irish Black & White Pudding <sup>1, 7, 12, 14</sup>  
Sautéed Potato<sup>1, 3, 7</sup>  
Sautéed Mushrooms  
Croom Scrambled Free <sup>1R, a 3n, g7e</sup> Egg<sup>7, 8</sup>  
Grilled Tomato  
Baked Beans  
Fried Eggs <sup>7, 8</sup>

### FREE RANGE EGGS YOUR WAY <sup>3, 7</sup>

Boiled / Poached

### PANCAKES WITH CHOICE OF TOPPING

Nutella <sup>3, 8, 9</sup>, Lemon Juice, Sugar, Banana, Peanut  
Butter <sup>2</sup>, Fresh Fruit, Golden Syrup, Local Honey, Irish  
Bacon <sup>3, 12</sup>

*\* Please allow time for the made to order Eggs  
and Pancakes to be prepared by our Chef*

## drinks

### OTHER HOT DRINKS

hot chocolate, cappuccino, latte, mocha, espresso, flat white <sup>8</sup>

### SMOOTHIE OF THE DAY

please ask your server about today's smoothie

### JUICES & WATER

Orange Juice, Apple Juice & Iced Water

1 Gluten 2 Peanuts 3 Soya 4 Molluscs 5 Celery 6 Lupin 7 Egg 8 Lactose 9 Nuts 10 Sesame 11 Crustaceans 12 Sulphites 13 Fish 14 Mustard

We handle multiple food allergen ingredients in our kitchen and while we make every effort to prevent cross contamination during prep and service we cannot guarantee the complete absence of allergens. If you suffer from severe food allergies, please let your server know and we can discuss further requirements.