



CONTINENTAL BUFFET

Selection of Fruit

Mixed Berry Compote, Diced Watermelon, Diced Pineapple, Diced Honeydew Melon, Diced Ogen / Cantelope Melon

Poached Prunes in Stock Syrup

Selection of Mixed Nuts, Seeds & Cereals

Selection of Yogurt

Mango, Natural & Wild Berry Contains (7)

Mini Smoothie Shots

Natural Yogurt, Granola & Raspberry Compoté Contains (1,3,7,8)

Oat Milk Chia Seed Pudding

Charcuterie Platter

Brie Cheese, Cured Meats Contains (1,3,7,8)

BAKERY

Selection of Breads

Contains (1,3,7)

Selection of Home-Baked Pastries

Mini Pain au Chocolat, Danish Pastries, Sugar Dusted Croissants & Gourmet Buns (1,3,7)

JUICE & BEVERAGES

Juice

Freshly Squeezed Orange Juice

Apple Juice Cranberry Juice Fresh Still Water

Tea &

Java Republic Cappuccino

Java Republic Latte Coffee

Java Republic Americano

Hot Chocolate

English Breakfast Tea

Peppermint Organic Herbal Tea Camomile Organic Herbal Tea Yunnan Organic Green Tea

Wild Berry Tea

Lemon Organic Green Tea

A Supplement Charge of €1 applies to Herbal Tea

HOT FOOD COOKED TO ORDER, PLEASE CHOOSE ONE ITEM

Full Irish Breakfast / Mini Breakfast

- O'Flynns Irish Pork Sausages (1,3)
- West Cork Dry Smoked Bacon (12)
- **Grilled Tomato**
- Hanley's **Black & White Pudding** (1,3)
- Glenville Organic Eggs Fried, **Scrambled or Poached** (3,7)
- Portobello Mushrooms
- **Fried Potatoes** (1, Gluten)

Omelette of your Choice

Please Choose 4 Fillings Contains (3,7)

- Ham
- Mushrooms
- Cheese
- Spinach
- Red Onion
- Tomato
- Peppers
- Feta

Scrambled Eggs Contains (1,3,7)

2 Glenville Organic Farm Eggs with either

- **Ballycotton Smoked Salmon**
- Hanley's Smoked Bacon
- Hanley's Black or White Pudding

Poached Eggs Contains (1,3,7,12) Served on Toasted English Muffin with Fresh

Homemade Hollandaise Sauce

- **Eggs Benedict** (Smoked Bacon)
- **Eggs Florentine** (Spinach)
- Eggs Royale (Smoked Salmon)
- Smashed Avocado (Home-Made Soda Bread and No Hollandaise Sauce)

Flahavan's Irish Porridge Contains (1,7)

Homemade Pancakes

Canadian Maple Syrup, Nutella, Freshly Whipped Cream Contains (1,3,7,8)

PLEASE NOTE

- Allergens on back of menu
- Variations in orders may result in a delay
- Gluten Free / Plant-based vegan sausages and bacon available upon request