

Juice

Freshly Squeezed Orange or Pink Grapefruit

Crinnaughtaun Apple Juice

Tomato Juice

Cranberry Juice

Vegetable Juice

Yoghurt

Natural

Fruit

Low Fat

Fruit

Poached Prunes infused with Earl Grey and Citrus

Seasonal Fresh Fruit Salad

Grape, Pink Grapefruit and Orange Segments, Fresh Garden Mint

Warm Salad of Apricot, Prunes and Raisins with Banana and

Toasted Almonds

OR

Cereals

Warm Macroom Stoneground Porridge Oats with Apple and Raisin Compote

Muesli

Cornflakes, Weetabix, Rice Crispies, All Bran, Shredded Wheat,

Cheerios, Special K, Fruit and Fibre, Alpen

Breads

Homemade Brown Bread

Fruit Scones

Harrington's Bakery White Toast

Homemade Raspberry Jam & Connemara Whiskey Marmalade

Selection of Freshly Baked Danish Pastries

Fish

Grilled Market Fish of the Morning

*Smoked Trout, Sautéed Potatoes, Chive Crème Fraiche
Smoked Haddock, Tomato and Watercress Tart, Poached Egg*

OR

Classic Irish Breakfast

*Pork Sausage, Dry Cured Bacon,
Sneem Black Pudding, White Pudding, Tomato, Mushroom
Free Range Egg (Poached, Scrambled or Fried)*

OR

Eggs

*Smoked Bacon and Parsley Hash Cake, Fried FreeRange Egg
Scrambled Eggs with Smoked Trout
Boiled Egg with Toasted Soldiers
Eggs Florentine
Classic Eggs Benedict
Egg en Cocotte
Chorizo, Mushroom, Spinach, Brioche Croutons*

OR

Omelette

*Your choice of Smoked Trout, Aged Cheddar Cheese,
Field Mushrooms, Baked Ham, Tomato*

American Style Pancakes

Seasonal Berries, Whipped Cream, Maple Syrup

Beverages

*Selection of Teas, Coffees, Tisanes
Hot Chocolate
Iced Tea with Lemon and Mint*

