

Good Morning

“One should not attend even the end of the world without a good breakfast.”

Robert A. Heinlein

Please Help Yourself from the Continental Breakfast Buffet

Selection of Fresh Juices, Cereals, Fresh Fruit
Salad, Yogurts, Preserves, Irish &
Continental Cheeses, Cold Meats,
Homemade Scones & Brown Bread

Healthy Start

Homemade Porridge

Served with Fresh Cream, Brown Sugar & Honey

Contains: 1, 3a

Avocado & Poached Eggs

On Toasted slices of Jura's Homemade Irish Soda Bread

Contains: 3a, 6c, 10, 14 GF(A)

Allergen Guide

1-Milk, 2-Celery, 3-Gluten: *a. Wheat, b. Rye, c. Barley, d. Oat*, 4-Fish, 5-Mustard,
6-Nut: *a. Walnut, b. Almond, c. Pistachio, d. Pecan, e. Macadamia, f. Hazelnut, g. Brazil Nut, h.
Pine Nut, i. Cashew*, 7-Crustaceans, 8-Molluscs, 9-Sulphites,
10-Egg, 11-Soy, 12-Sesame Seed, 13-Lupin, 14-Peanut
GF – Gluten Free GF(A) – Gluten Free Adaptable

Crack an Egg

Full Irish Breakfast

Grilled Bacon, Sausage, Tomato, Mushrooms, Black & White Pudding, Egg of your Choice.

Choose between Scrambled, Poached, Fried or Boiled

Contains: 1, 3a, 10

GF(A)

Scrambled Eggs & Irish Oak Smoked Salmon

Served on White Toast

Contains: 1, 3a, 4, 10

GF(A)

Omelette with Cheese & Ham or Tomato & Mushroom (GF)

Contains: 1, 10

Eggs Benedict “Royal Style”

English Muffin with Limerick Baked Ham, Poached Eggs and Hollandaise Sauce

Contains: 1, 3a, 5, 10

A Little Extra

Warm Royal Pancakes

Served with Golden Syrup

Contains: 1, 3a, 10

Belgian Waffles

Served with Maple Syrup & Fresh Fruit

Contains: 3a, 10

Kenmare Bay Grilled Kippers (GF)

Contains: 4

Toast & Freshly Brewed Tea or Coffee will be served to your table

All our products are locally sourced by our Head Chef Irek Brudnoik. Our Brown Bread and Scones are all prepared in-house. Please inform your server of any dietary requirements