

Good Morning!

Continental Breakfast €10

Full Irish Buffet Breakfast €12.50

Cold Buffet

Seasonal Berry Compote	Irish White Cheddar
Peach Compote	Emmental Cheese
Kilbeggan Natural Yoghurt	Blue Cheese
Paddy O's Granola	Brie
Fruit Smoothies	Roasted Peppers
Peach Slices	English Mustard
Mandarin Segments	Dijon Mustard
Prunes	Smoked Mackerel Fillets
Grapefruit Segments	Pickled Rollmops
Watermelon	Tomato Salsa
Ogen Melon	Lemon Mayonnaise
Honeydew Melon	Green and Black Olives
Pineapple	Black Olive Tapenade
Baked Irish Ham	Onion Marmalade
Black Peppered Pastrami	Tomato Ketchup
Italian Style Salami	Brown Sauce
Irish Red Cheddar	Vine Tomatoes

Hot Buffet

Loughnanes Bacon	Buttered Mushrooms
Streaky Bacon	Crispy Hash Browns
Young's Sausages	Baked Beans
Black and White Pudding	Fried Egg
Grilled Tomatoes	Scrambled Egg

Poached or Boiled eggs available on request

Grilled Kilmore Kippers available on request

*All of our eggs are Free Range

Gluten Free

Gluten Free Bread	Nature's Path O's Cereal
Buckwheat Crisp Bread	Granola
Cornflakes	Soya and Rice Cakes
Rice Krispies	

Gluten Free Scones available on request

Gluten Free Porridge available on request

Cold Beverages

Orange Juice	Iced Water
Tomato Juice	Skimmed Milk
Cranberry Juice	Low Fat Milk
Grapefruit Juice	Full Fat Milk
Prune Juice	Soy Milk
Apple Juice	Almond Milk
Pineapple Juice	Dairy Cream

Hot Beverages

Bewley's Freshly Ground Coffee	Breakfast Tea
Bewley's Decaffeinated Coffee	Caramel Syrup
Selection of Herbal Teas	Hazelnut Syrup
Hot water with lemon	Vanilla Syrup
Hot Chocolate with Marshmallows	

Cereals

Rice Krispies	Weetabix	Flahavans Porridge
Cornflakes	Special K	Bircher Porridge
Fruit N Fibre	Coco Pops	Muesli

Healthy Seeds, Nuts and Dried Fruit

Sesame	Pine Nut	Pecan Nut
Poppy	Nibbed Almonds	Golden Raisin
Linseeds	Flaked Almonds	Sultanas
Sunflower	Brazil Nuts	Sliced Bananas
Pumpkin	Walnuts	Apricot
Cashew Nut	Hazelnuts	

Breads and Pastries

Wholemeal Brown Bread	Plain Scones
Brown and White Toast	Brown Scones
Gourmet Mini Bread Rolls	Pancakes
Butter Croissants	Danish Selection
Fruit Scones	

Preserves

Raspberry	Honey	Lemon Curd
Strawberry	Marmalade	Low Low Butter
Blackcurrant	Maple Syrup	Dairy Butter
Apricot	Canderel	Nutella
Rhubarb	Sugar	Peanut Butter

Monday - Sunday 6:45am - 10:30 am
Over 100 items!