

## YOUR CONTINENTAL BUFFET

### Fresh Fruit

Strawberries, kiwis, grapes, melon, orange, grapefruit, apple

### Cereals and Assortments (1, 7, 8, 12)

Corn flakes, muesli, rice krispies, granola, seeds, nuts, fruit

### Yogurt and Smoothies (7)

Natural, mixed berry, sheeps milk, berry smoothie

### Charcuterie and Cheese (4, 12)

Gubbeen salami and chorizo, Castlemine pastrami, Andarl Farm gammon, Connemara smoked fish, Irish farmhouse cheeses

### Bakery (1, 3, 5, 7, 8, 11, 12)

Mrs Tollman's seed loaf, organic soda bread, muffins, croissants, pain au chocolate, pain au raisin

### Free From (7, 8)

Gluten-free breads, cereals, muffins

Almond and Soya milk

All hot dishes available gluten free

## YOUR HOT BUFFET

Kelly's white pudding and sausages (1, 7, 12)

Andarl Farm fresh black pudding and rashers (1, 7, 12)

Claremorris free-range eggs, scrambled or fried (3, 7)

Home-made potato cakes, grilled tomatoes and mushrooms (7)

Porridge, stewed apple, brown sugar (1, 7)

1. Gluten 2. Crustaceans 3. Egg 4. Fish 5. Peanut 6. Soybeans 7. Milk 8. Nuts

## FRESHLY COOKED FROM THE KITCHEN

Home-made Pancakes (1, 3, 7)

Crème Chantilly, maple syrup

Full Local Breakfast (1, 3, 7, 12)

2 sausages, 2 rashers, black and white pudding, grilled tomato and mushroom, potato cake, free-range egg

Free-range Omelette of your choice (3, 7)

Gammon, cheddar, onion, tomato, mushroom, spinach

Free-range Eggs Benedict (1, 3, 7)

2 poached eggs, gammon, muffin, hollandaise

Free-range Eggs Florentine (1, 3, 7)

2 poached eggs, spinach, muffin, hollandaise

Free-range Eggs Royale (1, 3, 4, 7)

2 poached eggs, smoked salmon, muffin, hollandaise

## OUR PARTNERS IN IRISH FOOD

### Co Mayo

Andarl Farm, Kelly's Butcher, Rockfield Dairy, Cuinneog Dairy, Claremorris Eggs, Brennan's Honey

### Co Galway

Connemara Fisheries

### Co Roscommon

Castlemine Farm

### Co Limerick

Attyflin Estate

### Co Tipperary

Cashel Blue Cheese

### Co Cork

Gubbeen Farmhouse, Milleens cheese

9. Celery 10. Mustard 11. Sesame seeds 12. Sulphur dioxide 13. Lupin 14. Molluscs