

TO START YOUR MORNING

Orange Juice, Apple Juice, Cranberry Juice

Filtered Water

Berry and Yoghurt Smoothie

(M)

Selection of Freshly Baked Breads & Pastries

Mini Croissants, Mini Danish,

(G wheat, E, M, S)

Mini Chocolate Muffins (G wheat, E, M, S)

Sourdough Bread (G wheat)

Home-made Brown Bread

(G wheat, oats, M, E)

Toast of Choice

(G wheat, S)

Selection of Fruits

Whole Green and Red Apples, Oranges and Bananas

Freshly Sliced Melon and Pineapple

Grapefruit Halves

Tea Poached Prunes

(SD)

Meats & Cheeses

Honey and Mustard Home Cooked Bacon

(MD, SD)

Irish Cheese of the Day

(G wheat, M)

Selection of Cereals

Cornflakes, (G wheat, barley) Muesli, (G wheat, oats, barley, N almonds, hazel, M) Bran flakes, (G wheat, barley) Rice Krispies, (G wheat, barley) Weetabix, (G wheat, barley) Granola, (G oats, N walnuts)

Gluten Free Cereal

Individual Pots

Raspberry Overnight Oats

(G oats, M)

Galway Goats Farm Yoghurt served with Dean's Honey and Granola

(G oats, M, N walnuts)

FROM THE KITCHEN

Irish Oat Porridge

Made with Milk and Served with Dean's Honey. On request Connemara Whiskey

Cream

(G oats, barley, M)

Sands Full Irish Breakfast

Des Moran's Sausages, Pudding, Bacon, Free Range Egg of your Choice, Grilled Tomato, Stuffed Mushroom and Baked Beans

(G wheat, E, M, SD)

Meat Free Full Irish Breakfast

Meat Free Sausages, Grilled Tomato, Stuffed Flat Cap Mushroom, Baked Beans, Free range Egg of your Choice, Smoked Paprika Potatoes

(G wheat, E, S, M, SD)

Omelette of your Choice

Free Range eggs, Home Cooked Bacon, Galway Goats Farm Cheese, Cherry Tomatoes, Onion, Irish Cheddar

(E, M)

Free Range Scrambled Eggs

Served with Smokehouse Peppered Mackerel or Crisp Streaky Bacon

(E, F, SD)

Avocado on Fried Sourdough

Buttery Avocado, Sourdough Fried in Olive Oil, Toasted Pumpkin Seeds, Balsamic Glaze Free Range Poached Egg on Request

(G wheat, E, SD)

Freshly Cooked Pancakes

Served with Crisp Streaky Bacon & Maple Syrup

Or

Fresh Berries and Chocolate Sauce

(G wheat, E, M, SD)

Filtered Coffee Selection of Teas

G: Gluten; C: Crustaceans; E: Eggs; F: Fish; P: Peanuts; S: Soybeans; M: Milk; N: Nuts; CY: Celery; MD: Mustard; SS: Sesame Seeds; SD: Sulphur Dioxide; L: Lupin; MS: Molluscs