



BREAKFAST MENU





THINK NUTRITION

Eat breakfast every day

A good breakfast gets your whole system up and running and will aid concentration throughout the day. It can also mean less snacking. High fibre cereals; scrambled eggs; wholemeal bread; fruit; yoghurt - the list is endless when it comes to the various choices for a healthier breakfast.

Children

Ensure your children get a good breakfast, cereal, bread with cheese, scrambled eggs, yoghurt - introduce them to fresh fruit.

Eat plenty of fresh fruit and vegetables

A medium sized fruit such as an apple, banana or orange. Fruit or raw vegetables make great between-meal snacks and most are packed full of vitamins and fibre to help you to feel good and provide you with energy.

Drink more water

Our bodies need water for survival and water helps to cleanse our systems. Drink plenty of it, every day - aim for 8 glasses. If your body is slightly dehydrated you can feel tired or groggy.

Eat bread and cereals

Preferably brown and wholemeal with multigrain, as they will have a higher fibre content. High fibre cereals are great for energy levels.

BREAKFAST

€12.00 per person (Children €5.00)

FROM THE COLD TABLE

Juices

Orange Juice, Grapefruit juice, Apple Juice, Cranberry Juice

Breads

Selection of Freshly Baked Bread Rolls, High Fibre Brown Bread, Croissants, Fresh Pancakes with Honey

Cheese & Meats

Available on Request

Selection of Cold Meats & Salami, Cheese Selection, Irish & Continental

Fruits

Grapefruit Segments, Mandarin Segments, Fruit Bowl, Prunes, Pear Halves, Peach Segments, Premium Natural Yoghurt

Cereals

Corn Flakes, Rice Krispies, Coco Pops, Special K, Weetabix, Alpen, Porridge (on request)

Just For Kids

Raisins, Cheerios

FROM THE HOT TABLE

Grilled Back Bacon, Premium Jumbo Pork Sausage, Traditional Clonakilty Style Black and White Pudding, Locally Sourced Grilled Tomatoes, Mini Potato Waffles, Baked Beans, Shannonvale Fried Eggs, Poached/Boiled Eggs (on request)

Tea or Coffee & Toast

will be served to your table

A hot gluten free breakfast is available to order. If you would like a copy of our breakfast allergen information, please ask your server.