

From the buffet

HOT BUFFET

Free Range Scrambled Eggs (7)

Back Bacon (12)

Sausages (1 wheat)*

White Pudding (1 wheat)

Black Pudding (1 wheat)

Mushrooms

Saut ed Potatoes

Grilled Tomatoes

Baked Beans

CONTINENTAL

Pineapple Chunks

Melon

Orange Segments

Natural Yoghurt (7)

Smoothies

Howth Smoked Salmon (4 salmon)

Cold Meats (12)

Cheese Selection (7)

Cereals & Granola (1 wheat)

BREAD & PASTRIES

Croissants (1 wheat, 7)

Mini Pastry Selection (1 wheat, 7)

Blueberry & Chocolate Muffins (1 wheat)

Sourdough (1 wheat)

Soda Bread (1 wheat, 7)

*Vegetarian options available

From the kitchen & barista

- FROM THE KITCHEN -

FLAHAVAN'S OATMEAL

Oatmeal with a side of delicious Irish swirled honey, cream & pecan nuts (1 wheat, 7, 8 pecan)

EGGS YOUR WAY

Poached

Fried

Boiled

THREE EGG OMELETTE*

Choice of Fillings:

Ham

Cheese (7)

Tomato

Onion

Bacon

Smoked salmon (4 salmon)

Mushroom

*egg white omelette available on request

- FROM THE BARISTA -

Americano

Cappuccino

Latte

Mocha

Espresso

Macchiato