



FIADH

Breakfast Buffet Menu

Good morning

We hope that you are well rested and
ready to enjoy your breakfast.

Please help yourself to our hot and cold buffet selection.
We will take your order for hot drinks.





COLD BUFFET

Juice Bar

Orange

Apple

Cranberry

Infused Water

Continental Station

Selection of Breakfast Cereals

Muesli

1w | 1b | 7 | 8a | 8h | 11

Almond, oat and soy milks are available and suitable for plant based diets.

Selection of Charcuterie and Cheese

Peppered Salami

Chorizo 7

Baked Ham

Camembert from Cooleeney Farm, Tipperary 7

Old Irish Creamery Porter Cheese from Effin, Co. Limerick 1b | 7

Matured White Cheddar Cheese from West Cork 7

Smoked Knockanore Cheese from Waterford 7



CHEF EIMEAR FLYNN'S IN HOUSE BAKERY

Mini Savoury Scones of the Day 1w | 3 | 6 | 7 | 12

Banana and Walnut Bread 1w | 3 | 6 | 8w | 12

Buttermilk Soda Bread 1w | 3 | 6 | 7 | 12

Brown Soda Bread 1w | 1o | 1b | 3 | 6 | 7 | 11

Croissants 1w | 3 | 6 | 7 | 12

Danish Pastries 1w | 3 | 6 | 7 | 12

Chocolate Muffins 1w | 3 | 6 | 7

A LIGHT START TO THE DAY

Flahavan's of Waterford Porridge

Served with maple syrup or mixed berry compote
(suitable for plant-based diets)

Or Boyne Valley Honey

1o | 1b | 1w

Selection of Dried Fruits and Nuts

8a | 8pe | 8w

Fresh Fruit Salad

Natural Yogurt from Glenilen Dairy Farm, Drimoleague, West Cork

Plain or fruit, vegan yogurt available on request

7

Toast 1o | 1b | 1w | 6



HOT BUFFET

Irish Pork Sausages and Rashers

Tim Jones Family Butcher, Killarney

1w | 12

Black and White Pudding

Bord Bia and Great Taste award winning black and white pudding produced locally by The Hanley Family from Mitchelstown, Co. Cork

1w | 1b | 1o | 6

Fried, Scrambled or Hard Boiled Eggs

All our eggs are Bord Bia Quality Assured class A Irish eggs

3 | 7

Gold Circle Button Mushrooms from Co. Monaghan

Hash Browns

Baked Beans 12

Grilled Tomatoes

Tasty Potato Farl

From the world-famous Irwin's Bakery in Armagh, fried in lashings of Kerrygold butter

1w | 7

Pancakes with Various Toppings

1w | 3 | 7 | 8h | 12

Available on Request

Smoked Mackerel 4

Daly's of Cahersiveen Oak Smoked Salmon 4

Poached Eggs 3

Omelette 3



VEGAN BREAKFAST

Hash Brown Potato

Tomato

Tenderstem Broccoli

Chickpeas Provençale 12

Mushrooms

Beans 12

Sausage 1w | 1b | 6 | 12

Chocolate Chip Cookies 6 (available on request)

GLUTEN FREE

Cereals 8a | 8pe | 8h

Muffins 3 | 6 | 7 | 12

Available on request

Croissants 3 | 6 | 7 | 12

Danish Pastries 3 | 6 | 7 | 12

Scones 3 | 6 | 7 | 12

Porridge

Bread

Sausages 6 | 11

Our bacon, tomatoes, eggs, hash browns, mushrooms & beans are coeliac friendly.

ALLERGENS:

Barley: 1b

Oats: 1o

Wheat: 1w

Crustaceans: 2

Eggs: 3

Fish: 4

Peanuts: 5

Soy Beans: 6

Milk: 7

Almonds: 8a

Cashew: 8c

Hazelnuts: 8h

Walnuts: 8w

Celery: 9

Mustard: 10

Sesame Seeds: 11

Sulphites: 12

Lupin: 13

Molluscs: 14

All 14 Allergens are openly used throughout our kitchen,
trace amounts may be present at all stages of cooking.





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