

It's  
Breakfast  
Time...

The  
ROSS

Town Centre | Killarney



## JUICES

Choose from Orange or Apple Juice

## TO BEGIN

**Choice of:** Cornflakes, Branflakes, Porridge, Dingle Creamery Natural Yoghurt with House Made Granola or Fresh Fruit Salad

We have a homemade pastry basket with our Chocolate Banana Bread, Scones, Breakfast Muffins & Brown Bread that we will serve at your table & each breakfast is served with Toast & freshly brewed Tea or Coffee.

### Allergens

(c) coeliac adaptable (please advise your server)  
(g) gluten free  
(n) contains traces of nuts  
(v) vegetarian  
(v-adapt) vegetarian adaptable (please advise your server)

## MAIN EVENT

### The Full Irish

Tim Jones Bacon, Sausage, Tomato, Black & White Pudding, Mushrooms, Free Range Egg – served Scrambled, Poached or Fried

(n) (1 Barley/Wheat, 3, 7)

### Fluffy Pancakes

American Style Pancakes with Maple Syrup & Fresh Cream

(v) (n) (1 wheat, 3, 7)

### Spillane's Organic Smoked Salmon Eggs Benedict

Poached Free Range Egg, Spinach, Hollandaise Sauce, Muffin

(c) (n) (1 wheat, 3, 4, 7)

### The Ross Omelette

Mary's Spinach, Red Onion & Slow Roasted Tomatoes

(v) (g) (n) (3, 7)

### Suppliers

**Eggs:** Ardfert Dairy Free Range Eggs

**Meat & Poultry:** Tim Jones Butcher

*All our meat is Irish & local where possible*

**Fish:** Spillanes Seafood

**Vegetables & Fruit:** Austin Healy Fruit Salad Listowel,

Little Black Hill Farm, Eve's Leaves, O'Sheas Fruit & Veg

**Bread:** Real Bread, Killarney

**Yoghurt:** Dingle Creamery