

RISE & SHINE

*The  
ROSS*

Town Centre | Killarney



## Good Morning

Breakfast is regarded as  
the most important meal of the day  
and at The Ross we agree!

## JUICES

Choose from Orange or Apple Juice

## TO BEGIN

Choice of:

Cornflakes

Branflakes

Weetabix

Rice Krispies

Creamy Porridge

Dingle Creamery Natural Yoghurt  
with Home Made Granola  
and/or Fresh Fruit Salad

1-7 Wheat/Oat (v) (n)

We will be serving  
our homemade pastry basket  
that offers:

Chocolate Banana Bread,

Blueberry Scones,

Breakfast Muffins

and Treacle Brown Bread

that you can choose

from at your table

**Each breakfast is served  
with Toast &  
freshly brewed Tea or Coffee**

## COOKED TO ORDER BREAKFAST

### The Full Irish

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

1-3-7 Barley/wheat (n)

### Fluffy Pancakes

American Style Pancakes  
with Maple Syrup & Fresh Cream

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

### Spillane's Organic

#### Smoked Salmon Eggs Benedict

Poached Free Range Egg,  
Spinach, Hollandaise Sauce, Muffin

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

### The Ross Omelette

Mary's Spinach, Red Onion  
& Slow Roasted Tomatoes

## VEGAN BREAKFAST

### To Begin

Soy Yoghurt & Homemade Granola

### Vegan Platter

Flat Cap Mushroom, Grilled Tomato,  
Vegan Halloumi, Spinach, Red Onion  
& Beetroot Marmalade with  
Tomato & Pepper Relish

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Suppliers: Eggs: *Ardfert Dairy Free Range Eggs*  
Meat & Poultry: *Tim Jones Butcher -*  
*All our meat is Irish & local where possible*  
Fish: *Spillane's 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*

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