GOOD MORNING!

JUICES

Choose from Orange or Apple Juice

TO BEGIN

Choice of:

Fresh Fruit Salad
with Local Natural Yoghurt & Homemade Granola

Creamy Porridge (c)
with Honey & Raisins

Cornflakes (c)

Branflakes

Weetabix

Rice Krispies

1-7 wheat/oat (v) (n)

We will be serving our homemade pastry basket that offers:

Chocolate Banana Bread

Daily Scones

Breakfast Muffins

Guinness Treacle Brown Bread

Each breakfast is served with Toast & Freshly Brewed Tea or Coffee, Homemade Jam & Marmalade

COOKED BREAKFAST

The Full Irish (c)
Bacon, Sausage, Tomato, Black & White Pudding, Mushrooms, Free Range Egg – served Scrambled, Poached or Fried

1-3-7 barley/wheat (n)

Fluffy Pancakes
Maple Syrup, Berries & Fresh Cream

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

Eggs Benedict (c)
Choice of Smoked Ham or Organic Smoked Salmon
Free Range Poached Eggs, Spinach, Hollandaise Sauce on Sourdough Bread

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

Turkish Eggs (c)
Free Range Poached Eggs, Crispy Bacon, Garlicky Lemon Yoghurt, Chilli Oil on Homemade Flatbread

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

The Ross Omelette (g)
Mary's Spinach, Red Onion, Roasted Tomatoes

VEGAN BREAKFAST

To Begin
Soy Yoghurt and Homemade Granola

Vegan Platter
Mushroom, Tomato, Vegan Halloumi, Spinach, Red Onion & Beetroot Marmalade with Tomato & Pepper Relish

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Suppliers
Eggs: Lispole Free Range Eggs
Meat & Poultry: Tim Jones Butchers & Cronin's Butchers Annascaul Black Pudding and Clonakilty White Pudding
Fish: Spillane's Seafood
Vegetables & Fruit: Little Black Hill Farm, Eve's Leaves, O'Shea's Fruit & Veg
Bread: Milltown Bakery & Clonakilty Gluten Free Kitchen
Yoghurt: Dingle Farm Yoghurt