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RESTAURANT

Breakfast — MENU

FROM THE BUFFET

Porridge

Dried bananas, seasonal berry purée, cinnamon

Assorted Danish pastries
Croissants & pain au chocolat
Dark soda & banana bread

Selection of homemade granolas
Sugar free, vanilla scented, healthy granola
Toasted brown sugar & cinnamon granola

Homemade Bircher style muesli
Accompanied by seeds, nuts & dried fruits

Fresh seasonal fruit salad

Natural yoghurt & seasonal fruit yoghurt

Selection of cereals

Poached apricots & prunes
Apple or orange juice
Homemade smoothie

Freshly toasted white & healthy grain brown toast

Full Irish Breakfast
James Mc Geough's sausages and smoked rashers
Black & white pudding, breakfast mushrooms,
baked beans and tomatoes
Free range eggs

Pancakes
Choice of berry compote, maple syrup or honey

À LA CARTE BREAKFAST

Choices from our kitchen

French toast

Blueberries and honey cress
Maple syrup or honey

Vegetarian Breakfast

Pan-fried farl, citrus fruit peppered tomato
Smoked cheddar and chilli cress
Scrambled egg

Connemara Continental Breakfast

Mc Geough's air dried meats and salami
Graham's smoked tuna
Confit of cherry tomato and boiled free range egg

Salmon from Connemara Smokehouse

Selection of smoked and cured salmon
Red onion marmalade and poached free range egg

Baked sweet potato

Lentils, smoked paprika & toasted cashew nuts

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All meats are of Irish origin