

ALLERGENS

1. **Cereals containing gluten,**
2. **Crustaceans** and products thereof
3. **Eggs** and products thereof
4. **Fish** and products thereof, except: (a) fish gelatine used as carrier for vitamin or carotenoid preparations (b) fish gelatine or Isinglass used as fining agent in beer and wine
5. **Peanuts** and products thereof
6. **Soybeans** and products thereof
7. **Milk** and products thereof (including lactose)
8. **Nuts**, namely: almonds, hazelnuts, walnuts, cashews, pecan nuts, brazil nuts, pistachio nuts, macadamia or queensland nuts, and products thereof
9. **Celery** and products thereof
10. **Mustard** and products thereof
11. **Sesame seeds** and products thereof
12. **Sulphur dioxide and sulphites** at concentrations of more than 10 mg/kg or 10 mg/litre
13. **Lupin** and products thereof
14. **Molluscs** and products thereof



SUPPLIERS

*Garrihy Seafoods, La Rousse Foods, Reale's Butcher,
Total Produce, The Herb Garden, Con Woods, Musgraves, CS Fish,
Pallas Foods, Star Seafoods, St. Tola*

LEGENDSM

Preferred

HOTELS & RESORTS

BREAKFAST MENU

"Only dull people are brilliant at breakfast"
Oscar Wilde

BE FOOD ALLERGEN AWARE -

The numbers in brackets refer to the allergen chart on the last page of this menu.

V - Denotes vegetarian



**DROMOLAND
CASTLE**

Please help yourself from the gallery buffet...

FRESH FRUIT JUICES

Apple, Orange & Grapefruit

DROMOLAND BREAKFAST SMOOTHIE

Mixed Berry, Banana & Probiotic Yoghurt (7)

*BREAKFAST TONICS

The Castle Breakfast Detox, *Granny Smith, Celery, Spinach & Cucumber (9)*
Tomato 'Up-Lifter', *Tomato Juice, Worcestershire Sauce, Tabasco & Celery Salt Over Ice (9)*
Cranberry Crush, *Cranberry, Orange & Lemon Juice Over Ice*
Iced Tea Tonic with *Ginger, Elderflower & Soda*

FRUITS

Bananas, Melon, Pineapple, Seasonal Berries, Fruit Salad
Figs, Prunes, Apricots (12)
Natural Probiotic Yoghurt (7)

BREAKFAST CEREALS

Muesli, Cornflakes, Weetabix, Bran Flakes, All-Bran, Rice krispies, Granola(1,5,7,8)
Bircher Muesli (1,5,7,8)
**Traditional Irish Oatmeal Porridge (1,7)*
**Gluten Free Cereals*
**Coconut Milk, Soya Milk, Almond Milk*

CHEESE (7)

Emmental, Gruyere, Hegarty's Cheddar, Gubbeen,
Wicklow Baun, Smoked Knockamore

CHARCUTERIE (12)

Limerick Ham, Mortadella, Black Pepper Salami
Forage & Cure Chorizo & Bresoalo
McGeough's Air Dried Lamb, Beef & Pork

BAKERY SELECTION

Butter Croissants, Danish Pastries, Breakfast Muffins, Fruit Scones,
Brown Soda Bread, Banana Bread
**Rack of Brown & White Toast (1,3,7,8)*

**We can adapt dishes for coeliac, gluten free bread available on request.*
***Please ask your Server**



TRADITIONAL FULL IRISH BREAKFAST

Two Fried Hen's eggs, Grilled Back & Streaky Bacon, Loughnanes Plain Pork Sausages,
Black & White Pudding, Grilled Tomato, Field Mushroom, Potato Cake
(1,3,7,12)

VEGETARIAN BREAKFAST

Two Fried Hen's Eggs, Grilled Balsamic Tomato, Field Mushroom,
Potato Cake, Baked Beans, Spinach
(1,3,7,12)

WARM BUTTERMILK PANCAKES

Mixed Berry Compote, Lemon & Maple Syrup (1,3,7)

SMOKED IRISH KIPPER

Smoked Herring with Lemon, Chive Butter & Scrambled Eggs (3,4,7)

CLASSIC FRENCH BRIOCHE TOAST

Seasonal Mixed Berry Compote & Cinnamon (1,3,7)

BREAKFAST OMELETTE

Limerick Ham & Hegarty's Cheddar Cheese (3,7,12)

EGGS BENEDICT

Limerick Glazed Ham on Toasted Breakfast Muffin,
Poached Hen's Eggs & Hollandaise Sauce (1,3,7,12)

GALWAY BAY SMOKED SALMON

Warm Breakfast Muffin & Scrambled Eggs (1,3,4,7)

VEGETARIAN BENEDICT

Crushed Avocado on Toasted Brown Soda Bread,
Poached Eggs & Hollandaise Sauce (1,3,7)

VEGAN BREAKFAST

Ciabatta Toast with Crushed Chickpeas & Seeds,
Topped with Avocado (1,11)