



From the Buffet

Juices

Orange, Grapefruit, Cranberry, Apple

Fruits

Sliced Seasonal Fresh Fruit Bowl, Grapefruit Segments, Stewed Prunes, Natural or Fruit Yoghurts

Cereals and Grains

Muesli, Cornflakes, Rice Crispies, Weetabix, Bran Flakes, Coco Pops

Hot Irish Oatmeal

Bakery Basket

Freshly Baked Scones,

Granary Brown, Plain Brown or White Toast

Traditional Full Irish Breakfast

Grilled Bacon, Sausage, Black & White Pudding, Tomato and Fried Egg

Fresh Free Range Eggs

Poached, Scrambled or Boiled

Beverage Choices

Freshly Brewed Tea or Coffee

Hot Chocolate

Gluten Free options are available on request