
Breakfast Menu

FLAHAVAN'S ORGANIC PORRIDGE

Pear & Cinnamon Compote

OR

Dried Cranberries, Flaked Almonds & Orange Zest (contains 1,7)

HOMEMADE GRANOLA BOWL

Berry Compote, Honey & Greek Yoghurt (contains 1,7)



THE TRADITIONAL

Pat O'Neill's Grilled Bacon & Sausage with Clonakilty Black & White Pudding,
Oven Baked Mushrooms & Vine Cherry Tomatoes, Homemade Potato Cake, Fried Egg
(contains 1,3,7,9,10,12)

VEGETARIAN BREAKFAST

Two Fried Eggs, Mushrooms, Potato Cake,
Baked Beans & Vine Tomatoes (contains 1,3,7,9,10)

POACHED EGGS WITH O'NEILL'S BACON

Toasted Homemade Soda Bread, Tomato Chutney (contains 1,3,7,12)

GUBBEEN CHORIZO SCRAMBLED EGGS

Homemade Potato Cake (contains 1,3,7,9,10,12)

PANCAKES

Pancakes served with Berries and O' Neill's Streaky Bacon

OR

Pancakes served with Berries and Nutella (contains 1,3,7,8)

MUSHROOM BRUSCHETTA WITH VEGAN FETA

Oven Baked mushrooms & Vine Cherry Tomatoes on Irish Traditional
Sourdough Bread (contains 1) (Add Poached Egg - contains 3)

SMOKED IRISH SALMON WITH POTATO CAKES

Chives and crème fraiche (contains 3,4,7,10)



Please help yourself to

TODAY'S HOME BAKING BASKET

Sweet Scones, Banana Bread, Irish Soda Bread (contains 1,3,7)

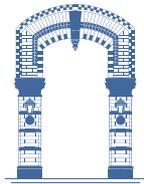
BEVERAGES

Barry's Breakfast Tea, JJ Darboven Filter Coffee,
Selection of Herbal Teas, Hot Chocolate, Marshmallows

Soya & Almond Milk available upon request

Gluten Free Options available, please ask your server

Allergens: 1.Cereals containing gluten 2.Crustaceans 3.Eggs 4.Fish 5.Peanuts 6.Soybeans 7.Milk
8.Nuts 9.Celery, 10.Mustard 11.Sesame Seeds 12.Sulphur dioxide 13.Lupin 14.Molluscs
Please let us know if you have any food allergies or special dietary needs.



Ariel House

