

BREAKFAST

"The most important meal of the day"

FROM OUR KITCHEN



VEGETARIAN & VEGAN

PORRIDGE

Irish Oatmeal & Fruit Compote

Contains Allergens: 3, 7, 12

TOFU SCRAMBLED EGGS

Portobello Mushroom, Spinach &

Sourdough Bread

Contains Allergens: 1(Wheat), 6, 12

MUCKROSS VEGAN BREAKFAST

Tofu Scrambled Eggs

Vegan Sausage

Baked Beans Portobello Mushroom

Grilled Tomato

Roasted Baby Potatoes

Contains Allergens: 1(Wheat), 6, 12

SIDES €5

TWO SAUSAGES

Contains Allergens: 1(Wheat), 6

TWO RASHERS

Contains Allergens: 12

STREAKY BACON

Contains Allergens: 12

SAUTÉED SPINACH

PORTOBELLO MUSHROOMS

BLACK & WHITE PUDDING

Contains Allergens: 1(Wheat,

Oats), 6

FREE RANGE EGGS

SCRAMBLED

Gently,

with Kenmare Oak Smoked Salmon Contains Allergens: 3, 4, 7, 12

POACHED

Simply,

with Back Bacon & English Muffin Contains Allergens: 1(Wheat), 3, 6, 7, 12

BENEDICT

Luxuriously,

Limerick Ham, English Muffin & Our Own Hollandaise Sauce

Contains Allergens: 1(Wheat), 3, 6, 7, 12

FLORENTINE

Decadently,

Sautéed Spinach, English Muffin & Our Own Hollandaise Sauce

Contains Allergens: 1(Wheat), 3, 6, 7

BOILED

Humbly,

Two Eggs & Sourdough Bread Contains Allergens: 1(Wheat), 3, 7

MUCKROSS PANCAKES

Buttermilk Pancakes, Mixed Fruit Compote & Maple Syrup

Contains Allergens: 1(Wheat), 3, 6, 7

MUCKROSS TRADITIONAL BREAKFAST

Two Free Range Eggs Either Fried

Poached

Scrambled

&

Pork Sausage Black & White Pudding

Brilled Back Bacon Rasher

Portobello Mushroom Grilled Tomato

Roasted Baby Potatoes

Contains Allergens: 3, 4, 7, 12

CONTINENTAL BUFFET

PLEASE HELP YOURSELF TO OUR WIDE SELECTION OF:

Cereals

Fresh Fruits

Preserves

Breads

Cold Meats

Cheeses

Dry Fruits & Seeds

Yogurts

Overnight Oats

Juices

Gluten Free Buffet

HOT BEVERAGE

Ronnefeldt Herbal, Fruit or Infusions Tea

Hot Chocolate & Marshmallows

Contains Allergens: 7

THE MORNING CLASSICS €15.50

MIMOSA

Italian Prosecco & Orange Juice

Contains Allergens: 12

Pepper & Lemon Juice Contains Allergens: 1(Wheat, Barley), 4, 6, 9

BLOODY MARY

Vodka, Worcestershire, Tabasco, Tomato Juice, Celery, Salt,

Allergen List

1-Gluten | 2-Crustaceans | 3-Eggs | 4-Fish | 5-Peanuts 6-Soyabeans | 7-Dairy | 8-Nuts | 9-Celery | 10-Mustard 11-Sesame Seeds | 12-Sulphites | 13-Lupins | 14-Molluscs (V) Vegan (Vg) Vegetarian