



BREAKFAST

AVAILABLE FROM THE LIBRARY

JUICES

Orange | Apple | Cranberry
Full fat Milk | Low Fat Milk

HONEYCOMB

Produced from Bee's on
the roof of The Kingsley Hotel

JAMS

Strawberry | Marmalade | Apricot | Chocolate Spread

BREADS & PASTRY

Homemade Brown Bread | Carrot Cake
Lemon Drizzle | Homemade Fruit Scones
Croissant | Pain au Chocolate
Sliced White & Brown Bread

CEREALS

Homemade Granola | Weetabix | Cornflakes
Coco pops | Rice Crispies | Special K

NUTS & SEEDS

Pumpkin Seeds | Sunflower Seeds
Pistachio Nuts | Walnuts | Peanuts

HOT SECTION

Sausages | Rashers | Black & White Pudding
Grilled Tomatoes | Fried Baby Potatoes
Fried Eggs | Scrambled Eggs | Baked Beans
2A,E,F|4|7|14

GLUTEN FREE OR VEGAN

Gluten Free or Vegan Sausages available to order
from the Kitchen.

Gluten Free section includes Sliced Gluten Free Bread
along with Gluten Free Cakes & Cereal

food and beverage items contain the following allergens:

1 - celery, 2 - gluten, A - wheat B - spelt C - klorasan D - rye E - barley F -
oats 3 - crustaceans, 4 - eggs, 5 - fish, 6 - lupin, 7 - milk, 8 - molluscs, 9 -
mustard, 10 - nuts, A - almonds, B - hazelnuts, C - cashew, D - pecan, E -
brazil, F - pistachio, G - macadamia, H - walnuts, 11 - peanuts, 12 -
sesame seeds, 13 - soya, 14 - sulphur dioxide (sulphites)

AVAILABLE FROM THE BUFFET FRIDGE

CHEESE BOARD

Brie | Smoked Knockanore Cheddar
Red & White Cheddar

FRESH FRUIT

Sliced Selection of Melons
& Pineapple Freshly Cut Fruit in Syrup

SMOOTHIE

Banana & Berry Smoothie

GRANOLA POT

Homemade Granola | Mango Compote | Berry Compote

BUTTER

Irish Salted Butter | Flora Portions

AVAILABLE FROM THE KITCHEN

PORRIDGE

Warm Oats made with either Milk or Water
Served with Whipped Cream | Fresh Berries
& Berry Compote

2F|4|7

EGGS BENEDICT

Poached Free Range Eggs | Toasted English Muffin
Grilled Baked Ham | Hollandaise Sauce

2A|4|7|14

EGGS ROYAL

Poached Free Range Eggs | Toasted English Muffin
Kenmare Bay Smoked Salmon | Hollandaise Sauce

2A|4|5|7|14

FOREST MUSHROOMS

Poached Free Range Eggs | Toasted Brioche
Sautéed Forest Mushrooms | Hollandaise Sauce

2A|13|14

FRENCH TOAST

Brioche French Toast | Fresh Berries
Whipped Cream | Maple Syrup
Cinnamon Powdered Sugar

2A|4|7

WARM PANCAKES

Maple Syrup | Lemon | Whipped Cream

2A|4|7

OMELETTE

Baked Ham | Onion | Tomato
Mushroom | Cheddar Cheese

4|5|7|14

We have partnered with "Trust Dish" our digital allergen solution. Please scan the QR code for allergen information.

Please make your server aware of any allergies



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