



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

Gluten Free Sausages available to order from the
Kitchen.

Gluten Free section includes Sliced gluten Free Bread
along with Gluten Free Cakes

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



BREAKFAST