# **Charlemont Breakfast Menu**

#### **Continental box**

Sisu fruit juice, Glenilhen potted yoghurt, wrapped muffin, baked croissant, Danish pastry, fresh potted fruit salad (V)

OR

## **Full Irish breakfast**

2 Pork & herb sausages, 2 crisp bacon, 1 Clonakilty black & white pudding, 1 crispy hash brown, sauté field mushrooms, baked beans, fried, poached or scrambled egg

OR

## 3 egg omelette

Free range omelette with choice of fillings, spinach, red onion, cherry tomato, mushroom, bacon, cheddar cheese, peppers (GF)

OR

## **French Toast**

French brioche toast, crispy maple cured bacon, maple syrup.

OR

## Indulgent Flahavan's jumbo porridge oats

Soaked jumbo oats, slow cooked & finished with rich double cream (dairy free also available)

**AND** 

## **Cereal selection**

Individual packed cereals, coco pops, corn flakes, bran flakes,

crunchy nut cornflakes & rice krispies

V) VEGETARIAN (VG) VEGAN (GF) GLUTEN FRIENDLY All prices in Euros. VAT for food & beverages @ current rate. For those with special dietary requirements or allergies who may wish to know more about the food ingredients used please ask a member of staff. Our beef is 100% certified Irish & fully traceable from farm to fork

