



Castle Breakfast

Continental

Selection of Fruits

Mixed Melon
Pineapple
Fruit Salad
Mixed Berries

Selection of Cereals

Cornflakes
Rice Crispies
Weetabix
Granola

Gluten

Selection of Killowen Yoghurt

Flavoured Yoghurt
Natural Yoghurt

Dairy

Hot Breakfast

Kilkea Castle Breakfast

Eggs any style, grilled back bacon, black and white pudding, sausages, thyme grilled tomato, herb sautéed mushroom

Gluten, Dairy, Eggs

Avocado and Eggs

Poached eggs, Crushed avocado, toasted English Muffin

Gluten, Dairy, Eggs

Eggs Benedict

English muffin, Honey Roast ham, hollandaise sauce

Gluten, Dairy, Eggs

Three Egg Omelette

Spinach and goat's cheese omelette

Dairy, Eggs

Irish Oatmeal Porridge

served with honey and banana

Gluten, Dairy

Golden Waffles or Pancakes

Served with grilled streaky bacon, maple syrup

Gluten, Dairy, Eggs