



## Menu

Freshly squeezed orange, apple or detox juice

Tea or coffee

Butter croissant

Pain au chocolat

Toast

Seasonal fruit salad, yoghurt and seeds

Flahavan' s porridge oats, fruit compote

### Full Irish Breakfast

Bacon, sausage, black & white pudding, tomato and your choice of egg

### Salmon and Eggs

Irish smoked salmon with scrambled free-range eggs

### Eggs Florentine

Muffin, poached egg, hollandaise