



HOTEL 7

DUBLIN

JUICES, STILL WATER, FRESH COFFEE OR BREAKFAST TEA, WILL BE SERVED TO YOUR TABLE

HEALTHY BREAKFAST SELECTION

BREAD & PASTRIES

High Fibre Brown Bread
Croissant
Pain au Chocolat
6 (Wheat), 7, 8, 9, 10, 11

CHEESE & YOGURT

Irish & Continental Cheese Selection
Irish Farm Yogurt Selection
7

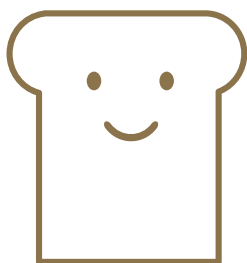
FRUIT

Fresh Fruit Salad
Whole Apple
Whole Orange

CEREALS

Kellogg's Corn Flakes
Bran Flakes
Granola
Fresh Hot PaddyO's Porridge
Quality Irish Muesli
5 (Almonds), Nut Traces, 6 (Wheat, Oats)

INDULGENT BREAKFAST SELECTION



THE IRISH BREAKFAST PLATE

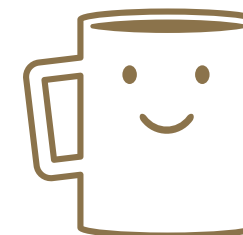
Grilled Back Bacon,
Heaney's Award-Winning Irish Pork Sausage,
Country Style Black and White Pudding, Grilled Tomato,
Sautéed Mushrooms, Your Choice of Eggs:
Fried, Poached or Scrambled, Toast
6 (Wheat, Barley), 7, 8, 9, 11

THE VEGAN BREAKFAST

Grilled Ciabatta, Sautéed Mushrooms, Thyme
6 (Wheat)

SCRAMBLED EGGS & BACON

Served on Sourdough Toast
6 (Wheat), 9, 11



SMOKED SALMON EGGS BENEDICT

Toasted English Muffin Topped with Smoked Salmon, Poached Hens Egg & Hollandaise Sauce
3 (Salmon), 6 (Wheat), 7, 9 & 11



STAY WELL | STAY SAFE

ALLERGEN INDEX

1 - Crustaceans, 2 - Molluscs, 3 - Fish, 4 - Peanuts, 5 - Nuts - 6 - Cereals containing Gluten, 7 - Milk/Milk Products,
8 - Soya, 9 - Sulphur Dioxide, 10 - Sesame Seeds, 11 - Egg, 12 - Celery & Celeriac, 13 - Mustard, 14 - Lupins

