

• SANDS BREAKFAST •

TO START YOUR MORNING

HOT DRINKS

Custom Roasted West Bean Coffee

Barry's Irish Tea

COLD DRINKS

Orange Juice

Apple Juice

Cranberry Juice

Filtered Water

Berry and Yoghurt Smoothie (M)

SELECTION OF FRESHLY BAKED BREADS & PASTRIES

Mini Croissants, Pain au Chocolat, (G wheat, E, M, S)

Mini Muffins (G wheat, E, M, S)

Freshly Baked Sourdough (G wheat)

Home-made Brown Bread (G wheat, oats, M, E)

Toast of Choice (G wheat, S)

SELECTION OF FRUITS

Whole Green and Red Apples, Mandarins, Bananas,

Fresh Fruit Cocktail, Grapefruit Halves, Tea Poached Prunes (SD)

MEATS & CHEESES

Honey and Mustard Home Cooked Bacon (MD, SD)

Irish Cheese of the Day (G wheat, M)

SELECTION OF CEREALS

Cornflakes (G wheat, barley)

Special K (G wheat, barley)

Rice Krispies (G wheat, barley)

Weetabix (G wheat, barley)

Home-made Granola (G oats, N walnuts)

Gluten Free Cereal

INDIVIDUAL POTS

Raspberry Overnight Oats

(G oats, M)

Velvet Cloud Sheep's Yoghurt served with Irish Honey and Granola

(G oats, M, N walnuts)

Coconut & Lime Chia Pudding

Natural Yogurt

(M)

FROM THE KITCHEN

IRISH OAT PORRIDGE

Made with Milk and Served with choice of Irish Honey,

Home-made Red Berry Compote and Connemara Whiskey Cream

(G oats, barley, M)

SANDS FULL IRISH BREAKFAST

Moran's Butchers Sausages, Pudding & Bacon, Free Range Egg of your

Choice, Grilled Tomato, Stuffed Mushroom and Baked Beans

(G wheat, E, M, S, SD)

MEAT FREE FULL IRISH BREAKFAST

Meat Free Sausages, Grilled Tomato, Stuffed Flat Cap Mushroom,

Baked Beans, Free Range Egg of your Choice, Smoked Paprika Potatoes

(G wheat, E, S, M, SD)

OMELETTE OF YOUR CHOICE

Free Range Eggs, Home Cooked Bacon, Irish Goat's Cheese,

Tomatoes, Onion, Dubliner Cheddar

(E, M, MD)

FRENCH TOAST

Choice of Crisp Streaky Bacon, Maple Syrup

Clotted Cream, Red Berry Compote

(G wheat, E, M, SO)

FREE RANGE SCRAMBLED EGGS

Served with Irish Smoked Salmon or Crisp Streaky Bacon

(E, F, SD)

SPICED CHICKPEAS ON FRIED SOURDOUGH

Spiced Chickpeas, Feta, Sourdough Grilled in Olive Oil, Toasted Pumpkin

Seeds, Sunkissed Tomatoes On Request, Free Range Poached Egg,

French Dressing

(G wheat, M, E, SD)

FRESHLY COOKED PANCAKES

Choice of Crisp Streaky Bacon, Maple Syrup

Clotted Cream, Red Berry Compote

(G wheat, E, M, SO)

KIDS BREAKFAST

FRENCH TOAST

Cinnamon, Maple Syrup, Sugar

(G wheat, E, M)

SANDS MINI IRISH BREAKFAST

Sausage, Bacon, Free Range Egg of Choice,

Baked Beans and Mushroom

(G wheat, E, M, S, SO)

FRESHLY COOKED PANCAKES

Nutella Spread

(G wheat, E, S, M, N, SO)

IRISH OAT PORRIDGE

Made with Milk and Served with choice of Irish Honey,

Home-made Red Berry Compote

(G oats, barley, M)

€25 per adult | €18 per child
(If not included in your room)

All dishes may contain traces of allergens as all food is produced in
allergen containing areas. Please advise kitchen at time of ordering of
any dietary requirements.

ALLERGENS

G: Gluten; C: Crustaceans; E: Eggs; F: Fish; P: Peanuts; S: Soybeans;
M: Milk; N: Nuts; CY: Celery; MD: Mustard; SS: Sesame Seeds;
SD: Sulphur Dioxide; L: Lupin; MS: Molluscs