

# • 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 Glazed Ham (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

## 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, 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)

### FREE RANGE SCRAMBLED EGGS

Served with Irish Smoked Salmon or Crisp Streaky Bacon  
(E, F, SD)

### FRENCH TOAST

Choice of Crisp Streaky Bacon, Maple Syrup  
Clotted Cream, Red Berry Compote  
(G wheat, M, S, D, 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, SD)

## KIDS BREAKFAST

### FRENCH TOAST

Cinnamon, Sugar  
(G wheat, E, M)

### SANDS MINI IRISH BREAKFAST

Sausage, Bacon, Free Range Egg of Choice,  
Baked Beans and Mushroom  
(G wheat, E, M, SD)

### FRESHLY COOKED PANCAKES

Nutella Spread  
(G wheat, E, M, SD)

€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.

SUBJECT TO CHANGE WITHOUT NOTICE

### 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