



ELEMENTS

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RESTAURANT

BREAKFAST MENU

ADULTS €15.00 / CHILDREN €7.50

CONTINENTAL

ORANGE JUICE

WARM TOAST, CROISSANT SODA BREAD AND MINI MUFFIN

(1-wheat,3,6,7,8-pecan,almond,hazelnut,12)

SELECTION OF JAMS AND MARMALADE

(7,12)

CHOICE OF FAVOURITE BREAKFAST CEREALS OR OAT PORRIDGE

(1-wheat,rye,oat,5,6,7,8-almond,walnut,hazelnut,cashew)

SELECTION OF GLUTEN FREE OR DAIRY FREE PRODUCTS

available on request

FRESHLY BREWED TEA OR COFFEE SELECTION OF HERBAL TEAS

HOT CHOCOLATE (7)

FRESH FROM OUR KITCHEN

THE TRADITIONAL

Sausage, back rashers and black & white pudding from Andarl Farm. Tomato, breakfast mushroom, beans and fried egg

(1-wheat,barley,oat,3,6,7,9,12)

POACHED EGGS ON TOASTED SOUR DOUGH

With pancetta bacon and hollandaise sauce

Or avocado and hollandaise sauce

(1-wheat,rye,3,4,6,7,9,12)

FARMHOUSE CONTINENTAL

Selected Irish cheeses with cured meat, sweet pepper relish (7,10,12)

PANCAKES & CHOCOLATE

Freshly cooked, chocolate sauce and fresh berries

(1-wheat,3,6,7,8)

CLASSIC SMOKED SALMON AND SCRAMBLED EGGS

On toasted soda farl

(1-wheat,3,4,6,7,12)

MUSHROOM CONFIT AND VEGAN FETA

Baked flat mushrooms with toasted sour dough & vine tomato

(1-wheat,6,12)

All our beef, chicken and pork is of Irish origin unless stated otherwise. Whilst every care is taken to ensure our dishes do not contain allergens other than listed for each dish, traces may be present due to the nature of our kitchens and operations.

Please inform your server if you suffer from any food allergy or have other dietary requirements.

1-Cereals cont. Gluten, 2-Crustaceans, 3-Eggs, 4-Fish, 5-Peanuts, 6-Soybeans, 7-Milk, 8-Nuts, 9-Celery, 10-Mustard, 11-Sesame Seeds, 12-Sulphites, 13-Lupins, 14-Molluscs