

CONTINENTAL SELECTION €13

INCLUDED IN B&B RATE

CORNFLAKES  
(11A) (May contain gluten from other cereals)

RICE KRISPIES  
(11A) (May contain gluten from other cereals)

WEETABIX  
(11A) (May contain gluten from other cereals)

COCOPOPS  
(11A) (May contain gluten from other cereals)

GLUTEN FREE CEREALS AVAILABLE

FRESH FRUIT SALAD  
Natural Yogurt (2)

HOMEMADE GRANOLA POT  
(2,11A)

FRESHLY BAKED BREADS & PASTRIES  
Mini Croissants, Mixed Selection Of Danish, Baked Pain Au Chocolate, Baked Sourdough, Homemade Soda Bread (2,11A)

GLUTEN FREE BREADS AVAILABLE

ORANGE, APPLE, CRANBERRY, GRAPEFRUIT JUICES

SMOOTHIE OF THE DAY  
Please Ask Your Server (2,10,11) (Contains allergens.  
Please ask a member of staff for allergens information)

BREAKFAST TEA & FILTERED COFFEE

SELECTION OF HERBAL TEAS INCLUDING GREEN,  
PEPPERMINT, EARL GREY & CAMOMILE

ORGANIC HOT PORRIDGE  
Fresh Berries, Mixed Seeds & Local Honey (6,11D)

A LA CARTE

BREAKFAST MENU

All prices listed are in €(euro). B&B rate includes the continental selection and one other item.

HOT BREAKFAST

PANCAKE STACK €15  
Seasonal Fruit, Crumble, Berry Compote, Maple Syrup & Sweetened Cream (1,2,11A)  
INCLUDED IN B&B RATE

CENTRIC SPECIAL €21  
2 Smoked Streaky Bacon, 1 Sausage, 1 Black & White Pudding, 1 Tomato & Mushrooms, Free Range Egg Of Your Choice (1,2,8,11A) (May contain traces of Sesame, Hazelnut and other sources of gluten)  
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VEGETARIAN V €17  
Plant Based Sausage, Baked Beans, Tomato & Mushroom, Sautéed Baby Potatoes, Free Range Egg Of Your Choice (1,2,8,11A) (Vegan Option Available) (May contain traces of Sesame, Hazelnut and other sources of gluten)

VEGAN ALTERNATIVE AVAILABLE V  
INCLUDED IN B&B RATE

OMELETTE €15  
Plain, Ham & Cheese Or Vegetable (1,2)  
INCLUDED IN B&B RATE

BAKED WAFFLES €12  
Chantilly Cream, Tate & Lyle Syrup, Pistachio Crumble (1,2,6,10G,11A)  
INCLUDED IN B&B RATE

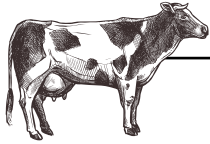
SMOKED SALMON & EGGS €17  
Toasted Sourdough, Scrambled Eggs (1,2,3,4,5,8,11A) (May contain traces of Sesame, Hazelnut and other sources of gluten)  
INCLUDED IN B&B RATE

AVOCADO & TOAST €15  
Poached Egg, Toasted Sourdough (1,2,11A) (May contain traces of Sesame, Hazelnut and other sources of gluten)  
INCLUDED IN B&B RATE



ALLERGENS: 1. Egg 2. Milk 3. Crustaceans 4. Molluscs 5. Fish 6. Peanut 7. Sesame 8. Soy 9. Sulphur Dioxide 10. Nuts: 10A Almond, 10B Hazelnut, 10C Walnut, 10D Cashew, 10E Pecan, 10F Brazil, 10G Pistachio, 10H Macadamia, 11. Cereals (Containing Gluten): 11A Wheat, 11B Rye, 11C Barley, 11D Oats, 11E Spelt, 11F Kamut, 12. Celery, 13. Mustard, 14. Lupin V Vegetarian. V Vegan. We cannot guarantee completely allergen free meals due to possible traces of allergens in the working environment and supplied ingredients. Please advise our staff if you have an intolerance or an allergy to a specific type of ingredient.

# Food Sourcing

**Food Item:**

Beef

**Supplier:**

Robinson Meats

**Location:**

Chapelizod, Dublin 20

**KM Radius:**

5.8km

**Food Item:**

Pastries & Sourdough

**Supplier:**

ARYZTA

**Location:**

Grange Castle, Dublin 22

**KM Radius:**

16km

**Food Item:**

Watercress

**Supplier:**

McCormack Family Farms

**Location:**

Boycetown, Dunsany Co. Meath

**KM Radius:**

44km

**Food Item:**

Blue Brie Cheese

**Supplier:**

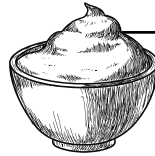
Wicklow Farm House

**Location:**

Curranstown, Arklow,  
Co. Wicklow

**KM Radius:**

87.2km

**Food Item:**

Mayonnaise

**Supplier:**

Blenders

**Location:**

Whitestown, Dublin 24

**KM Radius:**

12km

**Food Item:**

Sliced Pan Bread

**Supplier:**

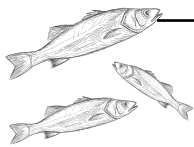
Johnston Mooney & O' Brien's

**Location:**

Finglas, Dublin 11

**KM Radius:**

7.8km

**Food Item:**

Fresh Haddock

**Supplier:**

Kish Fish

**Location:**

Howth, Co. Dublin

**KM Radius:**

18.2km

**Food Item:**

Sauces & Condiments

**Supplier:**

McDonnells

**Location:**

Drogheda, Co. Meath

**KM Radius:**

51km

**Food Item:**

Root Vegetables &  
Seasonal Greens

**Supplier:**

Keelings Fruit & Veg Co

**Location:**

Richmond St, Co. Dublin

**KM Radius:**

16km

## REDUCING CARBON FOOTPRINT

By significantly cutting down the distances food travels, local sourcing directly contributes to lowering greenhouse gas emissions. This practice is instrumental in combatting climate change, as the transportation of food accounts for a large portion of the carbon footprint associated with food production.

## ENSURING FRESHER, MORE NUTRITIOUS FOOD

The shorter time frame between harvest and consumption ensures that locally sourced foods retain more of their nutritional value and taste. Freshness is not only a matter of flavor but also a significant factor in the nutritional content of food, with fresh produce often containing higher levels of vitamins and minerals.

## SUPPORTING SUSTAINABLE LAND USE

Local farmers and agriculturists often employ farming methods that are more harmonious with nature, such as crop rotation, organic farming, and permaculture, promoting ecological balance and resilience.

## ENHANCING FOOD SAFETY

Shorter supply chains mean there are fewer points at which food can become contaminated. Furthermore, personal relationships with local producers allow consumers to ask questions and gain insights into farming practices, enhancing transparency and trust in the food system.

## CONSERVING WATER

Local food systems often use water more efficiently, especially when compared to large-scale industrial farms. By optimizing water use through sustainable practices, local farming helps in conserving water resources, which is increasingly important in regions facing water scarcity.

