

you're **up!**

## hot

### grilled back bacon

contains no allergens

### sausage

allergen: 6 rusk & wheat, 8, 9

### black and white pudding

allergen: 6 barley, 9

### sautéed mushrooms

allergen: 7

### fried potatoes

allergen: 9

### grilled tomatoes

contains no allergens

### baked beans

allergen: 9

### eggs - scrambled,

allergen: 7, 11

### poached or fried

allergen: 11

## baked

### farmhouse toasting breads

allergen: 6 wheat, 8

### baked rustic white and multiseed bread loaves

allergen: 6 wheat

### home baked brown bread

allergen: 6 wheat, 7, 9

### poppyseed bagels

allergen: 6 wheat

### butter croissants

allergen: 6 wheat, 7, 8, 9,10,11

### pain au chocolat

allergen: 6 wheat, 7, 8, 9,10,11

### pain aux raisins

allergen: 6 wheat, 7,8, 9,10,11

### breakfast muffins

allergen: 6 wheat, 7, 8, 9,10,11

**all served with** a selection of real honey, high fruit content marmalade and g's irish gourmet jams

**gluten free** / full selection of gluten free breakfast treats available

**dairy intolerances** / soya milk available

## fruity

### hearty creamy porridge

allergen: 6 oats, 7

### nuts, seeds, dried fruits

allergen: 5 walnuts, hazelnuts

### fresh fruit salad

contains no allergens

### peeled sliced melons and pineapples

contains no allergens

### thick creamy yogurt

allergen: 7

### fruit compotes

contains no allergens

### luxury granola

allergen: 5, 6 oats

### prunes

allergen: 9

### home toasted muesli

allergen: 5, 6 oats, 9

### a selection of popular cereals

allergen: 5, 6 wheat, barley, 8

### grapefruit segments

allergen: 9

### selection of cheese

allergen: 7

### sliced continental meats

allergen: 7, 8, 12, 13

## juice

### orange juice

contains no allergens

### apple juice

contains no allergens

### cranberry juice

contains no allergens

### detox water

### fruit smoothie

allergen: 7

# what's the story... morning glory

## brew

espresso	2.80
double espresso	3.40
macchiato	3.25
americano	3.25
cappuccino	3.80
latte	3.80
hot chocolate	3.45

## allergen advice

**no1 & 2** shellfish / **no3** fish / **no4** peanuts /  
**no5** nuts / **no6** cereal containing gluten /  
**no7** milk/milk products **no8** soya /  
**no9** sulphur dioxide / **no10** sesame seeds /  
**no11** egg / **no12** celery and celeriac /  
**no13** mustard / **no14** lupin

full breakfast €16

