



THE GLENDALOUGH HOTEL

Breakfast Menu

Good morning! Please enjoy our continental breakfast selection at your leisure.

Juices: Orange Juice, Apple Juice, Cranberry Juice

Cereals: Cornflakes (BY), Rice Krispies (BY)
Muesli (OA, BY, MK, WH₁, WH₂, TN,A,H)
Porridge (OA) - served plain, add milk as desired

Peaches & Pears in light syrup

Toasting Breads:

White (WH₁) & Wholemeal Brown (WH₁, WH₃, WH₅)
Brown Soda Bread (WH₁, WH₃, WH₄, WH₅)
Multi-seed Gluten-Free Bread (SY, SE, TN)

On busier mornings, a buffet of hot items is available.
At other times, hot breakfast options can be prepared to order:

Full Irish Breakfast

Grilled Bacon, Grilled Sausages (WH₁), Black Pudding (OA, WH₁),
White Pudding (OA, WH₁), Grilled Tomatoes, Hash Browns
Choice of Egg: Fried (EG), Scrambled (EG, MK), Poached (EG) or Boiled (EG)

Vegetarian Breakfast

Vegan Sausages (WH₁, SY, BY, SP), Grilled Tomato, Hash Brown
Choice of Egg: Fried (EG), Scrambled (EG, MK), Poached (EG) or Boiled (EG)

Allergen Description: Peanuts (PN), Tree Nuts (TN), Pecan Nuts (PE), Almond(A), Hazlenut(H) Sesame (SE),
Wheat Flour (WH₁), Wheat Semolina (WH₂), Wholemeal Wheat (WH₃), Wheat Bran (WH₄), Wheat Rye
(WH₅), Celery (CY), Fish (FH), Eggs (EG), Milk (MK), Soya (SY), Mustard (MD), Crustaceans (Crab, Lobster,
Shrimp) (CS), Sulphites (SP), Molluscs (Oysters, Mussels, Scallops) (MS), Lupin (type of seed/flour) (LP),
Barley (BY), Oats (OA)

