



Good morning! Please help yourself to the breakfast bar... and we will bring a hot beverage of your choice and some toast. See the following page for our freshly cooked breakfast options.

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### Hot Drinks

Java Freshly Brewed Coffee

Decaffeinated Coffee

Pembroke's Hot Chocolate Blend

Lyons Gold Blend Irish Breakfast Tea

Decaffeinated Tea

Herbal Teas – Chamomile, Peppermint, Fruit,  
Earl Grey, Green Tea

'Health Kick' – Citrus Hot Water with Fresh Ginger

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### Juices

Orange Juice

Apple Juice

Cranberry Juice

Menu for Little 'uns also available.

Ask us for 'Breakfast on the Run' if you're in a rush!

## FROM THE BREAKFAST BAR

### Cold Breakfast

Selection of Cereals, Pembroke Homemade Granola & Pembroke Muesli Blend

Fresh Fruit Bowl

Stewed/Poached Fruit of the Season

Creamy Probiotic Natural Yoghurt

Pembroke Fruit Yoghurt

Selection of Sliced Meats & Cheeses

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### Breads

Homemade Brown Soda Bread

Freshly Baked Scones

Banana Bread

Yoghurt Loaf

*(Gluten Free Bread is Available Upon Request)*

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### Spreads

Honey

Homemade Citrus Marmalade

Homemade Preserves

Peanut Butter

Chocolate Spread

## FROM THE KITCHEN

### Pembroke Townhouse Full Irish

Loughnane's Irish Bacon, Sausages, Black & White Pudding, Pembroke Potato Cake, Fried Mushroom, Grilled Cherry Tomato, Free Range Eggs freshly cooked to your liking

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### Omelette

Served 'Plain' or choose from: Irish Bacon, Sausage, Tomato, Onion, Mushroom, Red Cheddar Cheese  
*(Egg White Omelette available on request)*

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### Free Range Boiled Egg

Served with Chunky 'Soldiers'

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### Vegetarian Breakfast

Free Range Egg, Grilled Tomato, Fried Mushroom, Homemade Potato Cake & Pembroke's own Baked Beans

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### "Fishy" Option

Smoked Salmon and Poached Egg on Toasted Soda Bread, Dill Dressing

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### Pembroke French Toast

Made with Brioche Bread, served with Irish Bacon & Maple Syrup or Seasonal Fruit and Creamy Yoghurt

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### Flahavan's Porridge

Enjoy it 'Plain' or with Baileys Cream Liqueur with Fresh Banana or Fruit Compote & Natural Yoghurt

We are passionate about good food, and we're proud to work with some of Ireland's best small food producers. We make and bake our own breads, scones, pastries and jams right here, with fresh locally sourced ingredients wherever possible.

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Our Bacon, Sausages and Pudding are from Loughnane's Craft Butchers in Co. Galway

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Our Irish Salmon is smoked in Hanlon's Smokehouse in Dublin

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Our probiotic Yoghurt comes from the "Tipperary Cheese Company" in Co. Tipperary

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Our Free Range Eggs are from Co. Monaghan

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All fruit is seasonal and Irish where possible. Some, like our blackberries and elderberries, we pick ourselves in Co. Wicklow

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Our fresh herbs have made the short journey from our garden patio!

Vegetarian/vegan menu available on request.  
For any dietary requests or allergen content, please ask us.

