

SEACLUSION

LUXURY GUEST ACCOMMODATION



Good Morning!

Here at Seaclusion, we consider breakfast to be the most important meal of the day. We cook every item to order and have sourced the finest local products. Our eggs are free range from Forest Farm, sausages and pudding are from Burke's Butchers in Milltown, bacon is from Hartnett's, smoked salmon is from Daly's in Cahersiveen and our fruit and vegetables are from Fenit Fruit and Veg.

Please advise us of allergies and dietary requirements.

Gluten (1), Crustaceans (2), Eggs (3), Fish (4), Peanuts (5), Soybeans (6), Dairy (7), Nuts (8), Celery (9), Mustard (10), Sesame seeds (11), Sulphur dioxide and Sulphites (12), Lupin (13), Molluscs (14), Vegetarian (V), Vegan (VG)

Continental Section

Juices, Fruit & Yoghurt

Apple juice

Fresh orange juice

Chilled filtered water

Smoothie of the day

Freshly cut fruit salad with

homemade granola and vanilla yoghurt

Cereals

Corn Flakes

Rice Krispies

Weetabix

Muesli

Flahavans Oat Porridge

Made with milk or water, served with honey

and cinnamon.

Beverages:

Coffee

Freshly Pressed Coffee

Decaf Coffee

Teas & Infusions

Irish Breakfast Tea

Peppermint Tea

Lemon & Ginger Tea

Green Tea

Berry Tea

Bakery

Danish Pastries

Homemade brown soda bread

Brown & White Toast

Mini Croissant

Gluten free options available on

request

Hot Breakfast

Seaclusion Full Irish Breakfast

Forest Farm free range eggs (cooked any style), Hartnett's Irish bacon, Burkes black and white pudding, pork sausages, grilled tomato, portobello mushroom. (1,3,6,7)

Seaclusion Mini Breakfast

One of each from above.

Classic Free Range Egg Omelette

Oven baked ham, Kells Bay Farmhouse Cheese, Sautéed onion, portobello mushroom (3,7)

Scrambled Eggs & Daly's Smoked Salmon

Forest Farm scrambled eggs and Daly's smoked salmon served with a lemon wedge (3,4,7)

Sundried Tomato & Roasted Garlic Hummus

Sundried tomato and roasted garlic hummus on sourdough bread with crisp spicy chickpeas and pomegranate (1,11,) (V, VG)

Pancakes

Freshly made pancakes (crepes) with a choice of lemon, maple syrup or Nutella chocolate spread (1,3,7,) (V)

French Toast

Brioche bread, cinnamon sugar, fruit compote and maple syrup (1,3,7) (V)

Grilled Kipper

Grilled Daly's kipper with lemon, caper and dill butter (4,7)