



Ghan House, Carlingford

BREAKFAST MENU

See overleaf on how to make some of the below items.

Tea/coffee

& selection of herbal teas – please ask

Help yourself to;

The cold breakfast buffet as detailed below, inc homemade jams & marmalades

Help yourself to;

Freshly squeezed orange juice

Individually boxed cereals

Natural yoghurt

from, Haye's Farm, Tipperary,
with chefs' fruit compote

Homemade muesli

see overleaf for ingredients

Apricots

soaked in white wine & star anise

Prunes

soaked in red wine & cinnamon

Pears

soaked in a saffron sugar syrup with cardamon

Cooked to order;

Ghan House Fry;

sausage, bacon,

Kelly's award winning black & white pudding,
free range fried egg, tomato & mushrooms

Free range scrambled egg

with Irish smoked salmon

Free range egg/s

– poached, boiled, fried or scrambled

Porridge – made with organic oats

with Muchgrange whole milk

or

oatmilk (vegan/diary free)

Smoked haddock, lemon

Vegan and vegetarian;

potato bread, baked beans, grilled tomato,
mushrooms cooked in rapeseed oil

Milk

Muchgrange farm, near Greenore, non homogenised whole milk - returnable glass bottles

Free range eggs

Annagh's Farm in Knockbridge, near Dundalk

Yoghurt

Haye's Farm, Tipperary

Fruit for the jams & chutney

Apples & pears from the garden, strawberries & raspberries
from Willville Farm near Whitestown & Readypenny Farm, near Ardee
– made by 'retired' proprietor Joyce Carroll

For list of allergens, please see the sheet on the main breakfast table or talk to us!



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- we're happy if you wish to take a picture of these recipes to try at home!

JOYCE'S HOMEMADE MUESLI

Ingredients:-

400g oats (toast in oven)
50g sunflower seeds (toast in oven)
50g pumpkin seeds (toast in oven)
160g figs, finely chopped
160g apricots, finely chopped
160g dates, finely chopped
75g pecan nuts, finely chopped

- all of the above can be prepared in advance

Then according to taste – add yoghurt, milk, cream, honey, grated apple or grated pear.

Add to daily mix – the mixture will discolour if kept with the fruit in it for more than 24hrs

Chia seeds:

Are an excellent source of omega-3 fatty acids, rich in antioxidants, and they provide fibre, iron and calcium.

Omega-3 fatty acids help raise HDL cholesterol, the “good” cholesterol that protects against heart attack and stroke.

We soak (equivalent to) 2 tablespoon of Chia seeds overnight in 150ml coconut milk.

BROWN BREAD

Ingredients:- (makes 2 x 500g loaves)

300g wholemeal flour
150g plain flour
1 tsp bicarbonate of soda
1 tsp salt
2 eggs
325ml buttermilk
75g melted butter
1tbsp brown sugar

Method:-

Sieve dry ingredients together

Add sugar & mix well

Stir in butter, eggs & buttermilk to make a loose dough

Allow to rest for 10 minutes

Bake at 200c for 10 minutes then 160c for 40 minutes

Cool on a wire rack

Wrap in a clean cloth until cold

Mushroom, nut & garden herb patty

vegan, dairy free, *not* gluten free

Ingredients;

Mushrooms, nuts, herbs,
tahine (sesame paste),
breadcrumbs, marmite, pepper

Tofu, almond & garden herb patty

Vegan, dairy free, gluten free

Ingredients;

Tofu, millet, almonds, herbs,
shoyu (wheat free soya),
salt, pepper

