

CONTINENTAL BREAKFAST BUFFET 21.95

Freshly squeezed orange juice,
Apple, pineapple, cranberry juice
Blueberry and banana or strawberry smoothie

Croissants, muffins, pastries, selection of breads
Belgian waffles with maple syrup

Corn flakes, rice krispies, bran flakes, muesli
fresh cinnamon scented porridge cooked upon request

Selection of fresh fruits, dried fruits, walnuts, natural
honeycomb
Irish yoghurts, wild-berry compote and granola jars

Varied selection of cheese and cured meats
Irish smoked salmon served with superfood garnishes,
cherry tomatoes and onions

Gourmet coffee, selection of teas, or hot chocolate

FULL IRISH BREAKFAST BUFFET 25.95

Includes the continental breakfast buffet and the following:

Scrambled eggs, pork sausage, back bacon,
home fries or hash browns, button mushrooms,
roasted tomatoes and Clonakilty black and white pudding

If breakfast is included in your room rate, the
following a la carte items may be ordered with a
supplement charge

A LA CARTE

Price/Supplement

Eggs cooked to order	8.00
choice of two scrambled, fried, poached or boiled eggs served on toasted white, brown or gluten free bread	
Omelettes cooked to order	16.50/6.00
three egg omelette, with a choice of any three fillings from: ham, cheddar cheese, mushrooms, broccoli, spinach, peppers, onion, tomato served on toasted white, brown or gluten free bread	
Smoked salmon and eggs	14.00/8.50
scrambled eggs with oak smoked salmon served on toasted buttered brioche	
Eggs benedict	14.00/9.00
two poached eggs and Irish ham on a toasted muffin, hollandaise sauce	
Eggs benedict royale	15.50/11.00
two poached eggs and oak smoked Irish salmon on a toasted muffin, hollandaise sauce	
Bacon and egg English muffin	13.00/8.00
with country relish, mature cheddar and home fries	
Buttermilk pancakes	9.50
with maple syrup and berry compote	
Rice congee	7.50
warm rice porridge with smoked haddock and fresh herbs	
Belgian waffles	9.50
served with freshly whipped cream, berry compote, maple syrup	
Filtered coffee, selection of teas or juices	4.00
Espresso based coffees or hot chocolate	4.50

MORELANDS GRILL

FRESH START



*Powerfully paired — Our delectable SuperFoods dishes pair whole foods to boost their benefits and their flavours. Antioxidant rich and naturally low in calories, our tempting selections make healthful meals impossible to resist **

Price/Supplement

Egg white omelette	13.00/8.00
with broccoli and cheddar cured roma tomatoes, crisp hash browns or spring salad served with white or wholemeal toast 12.50/8.00	
All natural granola	12.00/6.50
low fat yoghurt and berries enhanced with flax seed and almonds	
Berry, apple and granola muesli	10.50/5.50
low fat vanilla yoghurt, banana, walnuts, pomegranate essence	
Plain Porridge	7.00
Cooked with water or milk, served with berries, honey and raisins	
Steel cut cinnamon scented porridge	7.00
Sliced banana, pecans and drizzled with honey	
Bircher muesli	9.50
oats, nuts, fruits	
Blueberry and banana smoothie	7.00
made with soy milk, honey, served with all natural granola brittle	

* "these nutritional powerhouse foods can help extend your health span – the extent of time you have to be healthy, vigorous and vital." Dr. Steven Pratt, author of *SuperFoodsrx Fourteen Foods That Will Change Your Life*. ©2010 Starwood Hotels & Resorts Worldwide, INC.

** consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of food-borne illness.

**Please inform your server of any special dietary requirements that we should be made aware of when preparing your menu request.