# ELEMENTS BISTRO

# FULL IRISH BREAKFAST BUFFET $\in$ 15 (ADULTS) & $\in$ 6.50 (CHILDREN)

To give you that great start to the day we all need, here's our delicious breakfast menu served from our breakfast buffet area. But if there's anything else you fancy, just ask!

Please proceed to our buffet where our waiters will be delighted to assist you to the following featuring products from the island of Ireland.

#### CHILLED JUICES, WATER & MORNING MARY

### SELECTION OF FRESHLY BAKED BREADS, PASTRIES & PRESERVES

#### SELECTION OF CEREALS, NUTS, SEEDS & DRIED FRUITS

#### WHOLE FRUITS, FRESH FRUIT SALAD, SLICED MELON & GRAPES

BREAKFAST DAIRIES

with selection of fruit compotes and daily smoothie

#### OAT PORRIDGE WITH HONEY & MAPLE SYRUP

For dietary or allergen free breakfast items please visit our healthy food section

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# COLD MEAT CUTS AND FARMHOUSE CHEESES

LOCALLY SMOKED FISH

IRISH BREAKFAST Bacon, Sausage, Black & White Pudding from Andarl Farm Tomato, Potatoes, Beans, Mushrooms Fried or Scrambled Eggs

#### FRESHLY BREWED TEA / COFFEE

## SELECTION OF HERBAL TEAS

#### CAPPUCCINO / ESPRESSO / HOT CHOCOLATE

All our pork products served for breakfast are of Irish Origin. Please advise our team members of any dietary requirements you might have. Please note all food is prepared in a busy kitchen environment where we handle a variety of potentially allergenic ingredients.

Please refer to the allergen display for allergens contained in any of our preparation.