

# FROM THE KITCHEN

## TRADITIONAL FULL IRISH BREAKFAST MADE TO ORDER

- LOUGHNANE’S PORK SAUSAGE (2 wheat,13)
- GRILLED BACK BACON (13)
- GRILLED TOMATO
- BUTTON MUSHROOM (8)
- LOUGHNANE’S BLACK AND WHITE PUDDING (2 barley)
- YOUR CHOICE OF EGGS
  - SCRAMBLED (3,8)
  - POACHED (3)
  - FRIED (3)

- POACHED EGGS ON TOAST (2 wheat,3)
- BOILED EGGS WITH SOLDIERS (2 wheat,3)
- BAKED BEANS ON TOAST (2 wheat)
- IRISH FLANAHAN’S PORRIDGE (2 oats, 8,13)  
WITH CINNAMON & APPLE COMPOTE, TOASTED ALMONDS
- FRENCH TOAST  
WITH MAPLE SYRUP (2 wheat,3,8)
- THREE EGG OMELETTE (3,8)  
CHOICE OF HAM, CHEESE, MUSHROOM,  
TOMATO & ONION.
- FRESH AVOCADO TOAST  
ON SOURDOUGH (2 wheat)

"WHAT NICER THING CAN YOU DO FOR SOMEBODY THAN  
MAKE THEM BREAKFAST?" - ANTHONY BOURDAIN

# FROM THE BUFFET

- SELECTION OF CEREALS (2 wheat,barley,oats,8)
- SELECTION OF BREAKFAST PASTRIES (2 wheat,8)
- SELECTION OF CHEESE & MEATS (8)
- FRESH HOMEMADE BREAD (2 wheat,3,8,11)
- NATURAL YOGHURT (8)
- FRESH FRUIT SALAD
- GRANOLA POTS (2 oats,8,9 almonds,11,12)
- AMERICAN STYLE PANCAKES (2 wheat,3,8)

## DIETARY INFO:

WHILST WE CAN PREPARE MEALS ON REQUEST  
PLEASE BE ADVISED IF YOU HAVE A SERIOUS  
ALLERGY OUR KITCHEN IS NOT COMPLETELY  
ALLERGEN FREE SO SMALL TRACES MAY STILL  
EXIST IN MEALS

SEPERATE MENU AVAILABLE FOR THOSE WITH  
SPECIFIC DIETARY REQUIREMENTS PLEASE ASK  
YOUR SERVER

## ALLERGENS

- 1.CELERY 2. GLUTEN 3. EGGS 4.FISH 5. CRUSTACEANS 6.MOLLUSCS  
7. LUPIN 8. DAIRY 9. NUTS 10. PEANUTS 11. SESAME 12. SOYA  
13. SULPHUR 14. MUSTARD

# BREAKFAST MENU

\*SAMPLE MENU\*

HARRY'S ON THE RIVER  
CAFÉ • BAR • RESTAURANT