

# GOOD MORNING!

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BREAKFAST MENU



Mespil Hotel, 50-60 Mespil Road, Dublin 4.  
W: [www.mespil.com](http://www.mespil.com)

## HEALTHY START

Freshly blended fruit smoothies

Contains: Milk

Apple, cranberry, orange, tomato juice

Seasonal fruit salad & whole fresh fruits

Watermelon, mandarin & grapefruit segments

Oat pot overnight oats, blueberries & flax seeds

Contains: Wheat, Milk

Granola pot Greek yoghurt & fruit compote

Contains: Oat, Barley, Rye, Milk

Natural & strawberry yoghurt

Contains: Milk

Soya yoghurt

Contains: Soy

Breakfast cereals

Contains: Wheat, Rye, Barley

Mix and match from our seeds & dried fruits

## COLD COUNTER

House-smoked salmon

Contains: Fish

Charcuterie board

Contains: Sulfur Dioxide, Pistachio

Mediterranean board plum tomato & feta cheese

Contains: Milk

Platter of Irish cheeses

Contains: Milk

Boiled eggs

Grilled sweet peppers

## BAKERS CORNER

Selection of freshly baked pastries and breads

Contains: Wheat, Milk, Soy, Nuts

## HOT BEVERAGES

Irish breakfast tea

Selection of herbal teas

Specialty coffees

Freshly brewed coffee

*Dairy alternatives available to suit your taste include*

*Soya, Almond, Coconut & Oat*

## HOT BUFFET

Irish pork sausages

Contains: Wheat, Sulphur, Soy

Grilled rashers of bacon

Black and white pudding

Contains: Wheat

Scrambled, boiled or fried eggs

Contains: Eggs, Milk

Herb sauté mushrooms

Contains: Milk

Fried potatoes

Contains: Wheat

Oven-roasted vine tomatoes

Baked beans

Signature hot dish of day

Contains: Egg, Milk

## A LITTLE MORE

*Order something special from our kitchen*

Freshly prepared porridge oats

Contains: Wheat, Milk

Poached eggs

Contains: Egg

Omelette with choice of fillings: ham, cheese, tomato, onions, mushrooms

Contains: Eggs, Milk

Sweet Belgian waffles with whipped cream & fruit compote

Contains: Wheat, Eggs, Milk

Warm pancakes with maple syrup or Nutella

Contains: Wheat, Eggs Milk

## GLUTEN FREE BREAKFAST

Gluten-free pastries, bread & cereals

*Available on request:*

Gluten free sausage, herb sauté mushrooms, grilled tomato, baked beans, rasher of bacon & choice of egg

Contains: Milk, Egg

Freshly prepared porridge oats

Contains: Milk

## VEGAN BREAKFAST

*Available on request:*

Vegan sausage, hashbrown, herb sauté mushrooms, oven roasted vine tomato, baked beans

Contains: Wheat, Soy, Sulphur Dioxide