

# GOUGANE BARRA HOTEL

## BREAKFAST MENU

8-10AM

serving you breakfast since 1936



### JUICES

- Apple Juice
- Orange Juice
- Berries of the Forest Juice
- Grapefruit Juice

### HEALTHY KICK

- Glenisk Organic Yogurt **7**  
(Blueberry, Strawberry or raspberry)
- Mullinahone Greek style Yogurt **7**
- Poached plums in star anise syrup
- Fresh Fruit Salad
- Prunes from Agen in France **14**
- Dried banana chips
- Flahavan's Granola **2 10**
- Roundtower Gouda Cheese **7**
- Grapefruit Segments

### CEREALS

- Dove's Farm Gluten Free Fibre Flakes
- Kellogg's Cornflakes **2**
- Kellogg's Rice Krispies **2**
- Weetabix **2**
- Kellogg's Special K **2**
- Kellogg's Crunchy Nut Cornflakes **2 11**
- Kellogg's Coco Pops **2**
- Kellogg's 5 Grain Muesli **2 14**

### FROM THE OVEN

- Brown soda + treacle bread **2 4 7 12**
- Our little plain Scones **2 4 7**
- Banana bread with chocolate chips **2 4 7 13**
- Mrs. Cronin's porter cake **2 4 7**
- Croissants **2 4 7**
- Lemon drizzle cake **2 4 7**

### LEITE / PORRIDGE **2**

Our suggested toppings:

- + Stewed Bramley apples with a dusting of Cinnamon  
or
- + Belgian Dark chocolate chips and a splash of Bailey's **7 13**  
or
- + Homemade wheat-free chocolate brownie bits **4 7 13**

Run by Johnny's family for over 200 years, we slow cook 'Flahavan's' 100% wholegrain rolled oats on our Aga with half water and half oat milk so it is dairy free



# MAINS

## UIBHEACHA SCALLTA: POACHED EGGS **2 4 13**

2 free-range poached eggs, Lynch's multi-seed toast and a sprinkle of roast seeds

## UIBHEACHA SCROFA: SCRAMBLED EGGS **2 4 5 13**

2 free-range scrambled eggs on white toast, Ted Browne's organic smoked salmon on top

## BRICFEASTA FRIOCHTA: FULL IRISH BREAKFAST **2 4 13 14**

Bacon<sup>2</sup> and sausages<sup>2</sup>, roast vine tomato, black and white pudding, a fried free-range egg and Lynch's white toast

## AN MION BRICFEASTA: THE MINI **2 4 13 14**

Bacon and sausage, roast vine tomato, a free-range fried egg and Lynch's white toast

## ROGHA AN VEIGEATÓRA: THE VEGGIE **2 4 7 12 13**

Potato cakes, roast mushroom, vine tomato and Batchelors beans, Lynch's multi-seed toast

## GAN GLÚTAN: THE GLUTEN FREE **1 4 9 13 14**

Michael Twomey's Gluten-free Sausages<sup>3</sup>, a roast vine tomato, a free-range fried egg and gluten-free toast

## AN ROGHA MILIS: THE SWEET CHOICE **2 4 7**

Fluffy 'American Style' Pancakes with:

+ Chocolate fudge sauce **7**

or

+ Twomey's smoked bacon, a splash of maple flavored golden syrup

## BIA ÁITIÚIL AGUS ÚR: FRESH, LOCAL FOOD

Meat from Michael Twomey's Craft Butchers in Macroom.

Toast from Lynch's Family Bakery in Macroom, 5 generations of baking [151 years in business].

Gouda cheese from Round Tower Farm-House, Enniskeane, Co. Cork.

Eggs are always free-range from John Mohan of Ballyfree.

Jam made by Mairín and Peadar Ó Lionaird [Folláin Jam] in Cúil Aodha, Co. Cork.

Smoked salmon is organic from Ted Browne's in Dingle.

All 14 allergens are openly used throughout our kitchen. Trace amounts may be present at all stages of cooking.

<b>1</b> Celery	<b>2</b> Cereals containing gluten
<b>3</b> Crustaceans	<b>4</b> Eggs
<b>5</b> Fish	<b>6</b> Lupin
<b>7</b> Milk	<b>8</b> Molluscs
<b>9</b> Mustard	<b>10</b> Nuts
<b>11</b> Peanuts	<b>12</b> Sesame seeds
<b>13</b> Soya	<b>14</b> Sulphites