

Frederick's Restaurant Breakfast Menu

- Full Irish Breakfast €16.95**
Local Sausages, Bacon, Fried Egg, Black & White Pudding,
Fried Potatoes, Grilled Tomatoes & Mushrooms, Baked
Beans in Tomato Sauce, Served with Toast
(1,7,11,14)
- Vegetarian Breakfast €10.00**
Two Scrambled Eggs with Feta Cheese, Sautéed Baby
Spinach, Grilled Tomato, Portobello Mushrooms, Fried
Potatoes, Served with Toast
(1,4,7,14)
- Poached Eggs on Toast €5.00**
(1,7)
- Smoked Salmon & Scrambled Eggs €9.50**
(1,4,7,8)

Allergens Index

- (1) Cereals containing Gluten. (2) Peanuts (3) Tree Nuts (4) Milk
(5) Crustacean's (6) Molluscs (7) Eggs (8) Fish (9) Celery (10)
Lupin (11) Mustard (12) Sesame Seeds (13) Soya (14) Sulphur
Dioxide



Juices

Choice of Orange, Apple *or* Cranberry

Fruit Options

Fresh Fruit *or* Fruit Salad

Cereals in Portion Packs

Choice of Cornflakes, All Bran, Rice Krispies *or* Alpen Original Muesli

(1)

Porridge Made Fresh to Order

(1,4)

Natural Yoghurt & Assorted Fruit Yoghurt's

(4)

Freshly Baked Breakfast Pastries

Croissant, Pain au Chocolate & Danish Pastry

(1,4,7)