



Enjoy your breakfast  
at The Pier Hotel



# The Pier Hotel Breakfast Selection

Breakfast Served weekdays 7.30am - 10.30 am

Saturday, Sunday, Bank Holidays & School Holidays 7.30am - 12.00 am

## Hot Breakfast

### Full Irish Breakfast €10

2 slices of grilled Irish Bacon, Loughnanes pork sausages, fresh free range egg (fried/scrambled/poached), golden fried hash brown, black & white pudding & oven baked beans

Served with Tea/Coffee/juice

(contains allergen 7/11)

#### • Mini Irish Breakfast €7

Slice of grilled Irish Bacon, Loughnanes pork sausages, fresh free range egg (fried/scrambled/poached), golden fried hash brown & oven baked beans

(contains allergen 7/11)

#### • Vegetarian breakfast €7.95

Pan fried mushrooms, freshly grilled tomato, 2 fresh free range eggs (fried/scrambled/poached), golden fried hash brown & oven baked beans.

(contains allergen 7/11)

#### • Country French Toast €7.95

Accompanied with a slice of grilled Irish Bacon, freshly grilled tomato & golden maple syrup

(contains allergen 7/11)

#### • Healthy Breakfast €10

Poached egg, pan fried mushrooms, Grilled tomato served on brown soda bread

(contains allergen 7/11)

#### • Trio of Fresh Free Range Scrambled Eggs €7

Served on as seeded wholegrain bap

Extra:

Slivers of Smoked Burren Salmon €3

Slice of grilled Irish Bacon €2

(contains allergen 3/7/11)

#### • Freshly made sweet pancake €7

Accompanied with golden maple syrup

(contains allergen 7/11)

#### • Fresh Porridge €4.50

Cooked to order with a choice of honey or mixed berry compote

(contains allergen 7)

## Residents special offer

Present your key card and get Full Irish Breakfast for

€6.50

## Juice Bar

- Apple juice
- Orange juice
- Cranberry juice

## Vitality options

- Selection of popular cereals €2  
Comflakes, Rice Crispies, Coco Pops, Special K (contains allergen 2)
- Fresh fruits €1
- Yoghurt €1.5
- Buttermilk scone €2  
Served with jam and cream

## Gluten Free Breakfast €7

Poached Egg, Pan Fried Mushrooms, Freshly grilled tomato, Slice of grilled Irish Bacon & oven baked beans

## Dairy Intolerances €1.5

Soya milk available

(contains allergen 6)

## Allergen Index

1 Shellfish	7 Milk
2 Cereals containing gluten/wheat	8 Sulphur dioxide
3 Fish	9 Sesame seeds
4 Peanuts	10 Celery & celeriac
5 Nuts	11 Egg
6 Soya	12 Mustard
	13 Lupin



## HOT DRINKS

IRISH BREAKFAST TEA €2.5

EXPRESSO €3

AMERICANO €3

CAPPUCCINO €3

LATTE €3

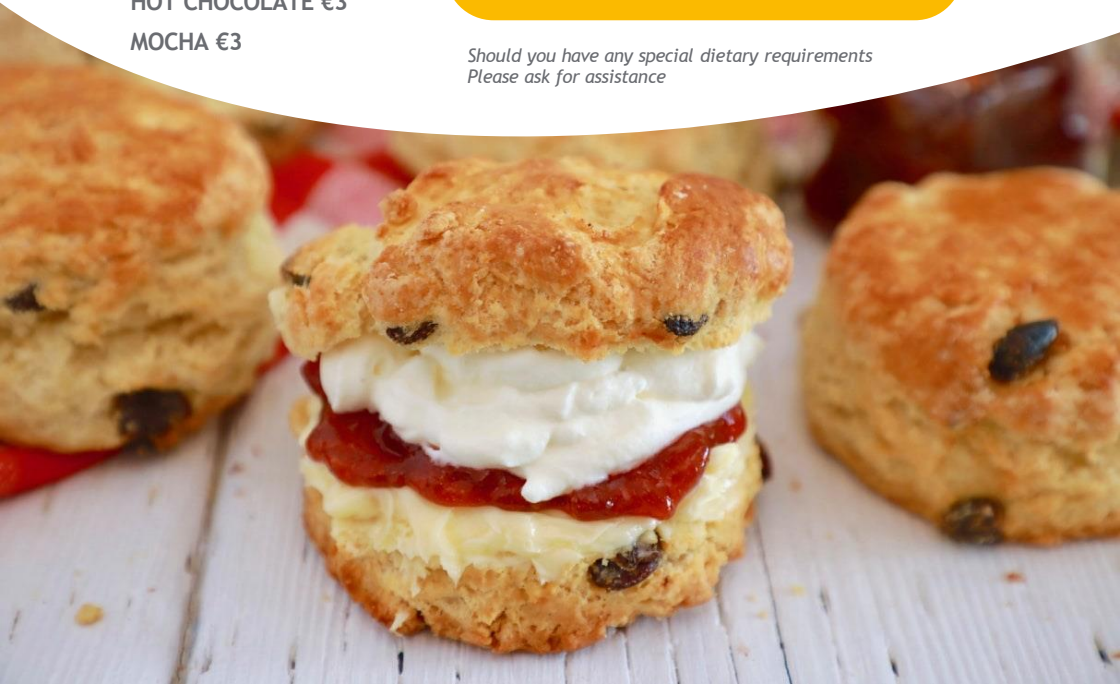
HOT CHOCOLATE €3

MOCHA €3

### Residents special offer

Present your key card and get  
TEA/COFFEE AND A  
HOMEMADE IRISH SCONE  
**€4.50**

*Should you have any special dietary requirements  
Please ask for assistance*





## The Pier Hotel Vitality Breakfast

### Breakfast and a healthy diet

A good breakfast gets your entire system up and running and will aid concentration throughout the day.

It can also mean less snacking. Choose from high fibre cereals and breads (preferably brown and wholemeal), multigrain porridge with seeds, nuts and fresh fruit or thick yoghurt with fruit compote and fresh fruit. With the Vitality breakfast selection available at The Pier Hotel, a healthier breakfast is guaranteed.

### Children

Ensure your children get a good breakfast to kick-start their day and choose cereal, bread, scrambled eggs, yoghurt or some fresh fruit.

### Eat plenty of fresh fruit and vegetables

You should aim to eat at least five portions every day. Fruit or raw vegetables make great in-between meal snacks and most are packed full of vitamins and fibre to help you feel good and provide you with energy throughout the day.

### Drink more water

Our bodies need water for survival and hydration, water helps cleanse your system. Drink plenty of it and aim for 8 glasses every day. When your body is slightly dehydrated it can make you feel tired or groggy.

The Pier Hotel breakfast has been specifically designed to offer you all this and more.

