

Maidin Mhairth  
**GOOD MORNING**

**CONTINENTAL**

your choice of the below items are included in your Bed & Breakfast Rate

**Juices and Smoothies**

orange, grapefruit, apple juice  
or chef's smoothie

**Sliced Seasonal Fresh Fruit**

**Prunes & Dried Apricots**

**Chia Pudding**

1, 7, 8

**Granola & Yoghurt**

1, 7, 8

**Assorted Natural Yoghurts**

7

**The Hardiman**

**Continental Plate**

our selection of dried meats  
& cheeses including chorizo,  
salami, sliced ham, serrano,  
brie, swiss, cheddar

1, 3, 7, 11, 12

**Bakery Selection**

choose from our pastry  
selection, homemade bread,  
white toast and wholemeal toast

1, 3, 6, 7

**Breakfast Cereals**

Hot & Creamy Oat Flakes

1, 7, 8

Weetabix / Cornflakes / Branflakes

Muesli / Special K

1

**Hot Beverages**

Fresh Ground Roast Coffee

Breakfast Tea

Decaffeinated Coffee

Selection of Infusions

Hot Chocolate

7

**HOT & HEARTY**

your choice of the below items are included in your Bed & Breakfast Rate

**The Full Irish Breakfast**

bacon, fried egg, sausage, black & white  
pudding, grilled tomato, hashbrown

1, 3, 9, 10, 12

**The Vegan Breakfast Wrap**

curried tofu scramble, guacamole, vegan feta, cherry  
tomato, spiced potato, spinach, roasted salted cashews

1, 6, 9, 10, 12

**Hardiman Pancakes**

with maple syrup and a berry compote

1, 3, 7

**The Breakfast Burrito**

sausage, bacon, tomato, scrambled eggs,  
potato and avocado in a warm tortilla  
loaded with jalapeno salsa

1, 3, 9, 10, 12

**Avocado Toast**

low fat cottage cheese, avocado, green  
salad on a multigrain toast and flaxseed oil.

Add two poached eggs to this if you like!

1, 3, 7

**START THE DAY THE HARDIMAN WAY**

some of our favourite breakfast options for a small additional extra!

**Barista Coffee**

€1.00

**Mimosa**

€10.00

**Smoked Salmon  
& Scrambled Eggs**

a breakfast classic on toast

€4.00

1, 3, 4, 7

**Three Egg Omelette**

your choice of filling from  
grated cheese, ham,  
mushroom, spinach

€3.00

1, 3, 6, 7, 9, 12

**Egg White &  
Spinach Omelette**

€3.00

3, 6, 7

**Eggs Benedict**

free range poached eggs on  
a toasted english muffin with a  
hollandaise sauce

€3.00

1, 3, 6, 7, 9, 10, 12

Or choose from our other options

**Benedict with Irish bacon**

**Florentine with sautéed spinach**

**Royal with smoked salmon**

*Gluten free option available*

**ALLERGENS**

V Vegan 1 Cereal Containing Gluten (i.e. Wheat, Rye, Barley, Oats) 2 Crustaceans (i.e. Crab, Prawns) 3 Eggs 4 Fish 5 Peanuts 6 Soy-beans  
7 Milk 8 Nuts 9 Celery 10 Mustard 11 Sesame Seeds 12 Sulphur Dioxide & Sulphites 13 Lupin 14 Molluscs (i.e. Mussels, Oysters & Scallops)