



The Herons Rest Breakfast Menu

In the morning you will find the breakfast table laid with freshly baked fruit muffins, caraway seed scones, Irish farmhouse cheeses & honey, lime tropical fruit salad with probiotic yoghurt....followed by your choice of hot dish.

Please use one sheet per bedroom & put a ring around your choice of hot dish as your breakfast main course & indicate the time you wish to dine. Then pop this on the fridge in either kitchen...Thanks.

Name:.....

Time:.....

Sweet hot dishes

- ≡ Pearl Barley porridge with cinnamon pears, honeyed dates & clotted cream.*
- ≡ Banana buttermilk pancakes with maple & crème fraiche.*
- ≡ Home toasted muesli with roasted coconut, dried apricots, hazelnuts, probiotic yoghurt & fresh summer berry coulis*
- ≡ Sweet summer berry vanilla omelette with ricotta & toasted almonds*

Savoury hot dishes

- ≡ Organic farm fresh eggs poached or scrambled with slow roasted chilli tomato & toasted caraway seed scone served on:
Organic Aran smoked salmon or
Collerans honey baked ham*
- ≡ Organic Boston baked beans W collerans bacon & a fresh free range sunny side up Egg*
- ≡ Saffron lightly spiced smoked Galway Bay mackerel kedgeree with burren greens*
- ≡ Mexican breakfast quesadilla with spicy salsa, topped with avocado a soft poached free range organic egg & spring onions*