



THE GLASSHOUSE

Breakfast Served

7am - 10am

(Mon - Fri)

7am - 10.30am

(Sat - Sun)

Hot & Cold Buffet

www.theglasshouse.ie



THE GLASSHOUSE

Breakfast Menu

Coffee Selection

Espresso, Cafe latte, Cappuccino
Decaf is available
(€3.80 Supplement for the above)
Bewley Drip Coffee

3

Tea Selection

Irish Leaf Tea
Brewed per Pot
Organic Green Tea, Pure White Peach,
Chamomile, Earl Gray,
Pure Rooibos (Caffeine-Free)

Juices Available

Orange Juice
Cranberry Juice
Apple Juice
Mango Juice

Yoghurts

Haynes Farm Natural Whole Milk Yoghurt,
Killowen Strawberry Live Culture Yoghurt,
Yoghurt & Berry Compote Pots.

3

Milk Alternative

Soya Milk, Oat Milk, Coconut Milk & Almond Milk
On request.

1,4

For those with special dietary requirements or allergies who maybe unsure of the ingredients used, please speak with the manager on duty. Dishes may contain traces of nuts.

Allergens

1. Cereals Containing Gluten- w-Wheat o-Oats
b-Barley- r- Rye
2. Egg 3. Milk 4. Soybeans 5. Celery 6. Nuts 7. Fish
8. Peanuts 9. Crustaceans 10. Molluscs
11. Sulphur Dioxide 12. Mustard 13. Sesame 14 Lupin

CONTINENTAL BUFFET

Fruit selection

Mix Fruit Salad, Orange Segments,
Pruns, Peaches, Mix Forest Fruits,
Watermelon, Cantaloupe & Ogen Melon
Fruit Bowl of Fresh Mandarins, Green & Red Apples.

Cold Cut Meats & Cheeses

Salami Milano, Spanish Chorizo, Traditional Irish Ham
Mature Irish Cheddar, Carrigaline Cranberry, Cahills
Porter Cheese.

3,11

Fresh Bakery Selection

All Butter Croissant, Cinnamon Swirl, Pecan Plait,
Cranberry & Chocolate Twists, Apple Cornet, Vanilla
Crown, Custard Viennese, Strawberry Crown.

1w,3,6pecan

Wholemeal & White Yeast Breads,

O'Hehirs Stoneground Irish Soda Bread.

Warm Fluffy Pancakes

1w,3,6pecan

Cereals

Kellogg's Cornflakes, Rice Krispies & Bran Flakes,
Weetabix, Coco Pops, Paddy O's Granola,
Flavins Porridge Oats,

With toppings

Chia Seeds, Banana Chips, Hedgerow Seeds,
Sunflower Seeds, Golden Raisins, Dried Cranberries.
Irish Honey

1wbo

Gluten Free Selection

O'Hehirs Gluten Free Bread Selection
Rice Puffs, Chocolate Krispies, Honey Loops

HOT BREAKFAST BUFFET

North Connacht Farmers Back Rashers
Loughnanas Irish Pork Sausages
Galway Black & White Pudding
Baked Beans, Hash Browns
Tom O'Brien Mushrooms
Benbulbin Farm Free Range
Fried & Scrambled Eggs
Grilled Tomatoes

1w,2,3,11

COOKED TO ORDER

Available on request
Free Range Poached or Timed Boiled Eggs
Smoked Kippers

2,7,11