

Good Morning!

we hope you had a good night sleep
and now it's time for breakfast.

Enjoy it!



not only are we serving our delightful breakfast
in our luxury dining room
overlooking keel bay
with a 90 degree view
you can also choose to have late breakfast
until 12 o'clock.

Our ingredients are carefully sourced. we cater as well
for special needs

Freshly squeezed Orange Juice or Apple Juice or
Grapefruit Juice (seasonal)



Coffee, Tea and a selection of Herbal Teas,
local grown fresh Mint Tea (seasonal)

Swiss style Heidi's special Muesli (G, MK, N)



Porridge (G, MK)



Fresh fruits and berries



Greek Style Yoghurt (MK)



Cheeseboard (MK)



Selection of cereals (G)

Crepes with fruits or Maple syrup (G, E, MK)



French toast with maple syrup (G, E, MK)



Sweet Omelette

served with a stuffing of cream cheese, maple syrup,
cream and (raisins optional) (MK, E)

French Omelette with a variation of black bacon, cheese,
onion, tomato, mushrooms, seasonal herbs and spices

(E, MK, CY)



Mexican Omelette with variation of cheese, onion,
sundried cherry tomatoes, chorizo, avocado,
herbs and spices (E, MK, CY)



Pengasius "*Florentine*"

with spinach, sundried tomatoes, onions and herbs
served either on its own (F)
or in an omelette (E, MK)



Scrambled eggs

with local smoked salmon (E, F, MK, CY)
or with organic grass-fed corned beef (E, MK, CY)



Full Irish breakfast

Fried Eggs, Irish gourmet pork sausages, black bacon,
mushrooms, black and white pudding roulade, tomatoes
and white beans (E, G, CY)



Eggs Benedict

delicious scone, poached eggs, hollandaise and herbs (E,
G, MD, MK, CY)
with layers of

black bacon "*Ferndale style*"

or rump fillet steak "*Royal*"

or smoked salmon "*Mare*" (F)



Breakfast Gourmet Burger

a base of Mushrooms, award winning grass-fed beef
burger, topped with black bacon, finally fried egg on top
served with a tomato based hollandaise (E, MD, MK)

**FOOD ALLERGIES
and
INTOLERANCES**

All 14 allergens are openly used throughout our kitchen. Trace amounts may be present at all stages of cooking

Gluten = G, Crustaceans = C, Eggs = E, Fish = F, Molluscs = M,
Soybeans = S, Peanuts = P, Nuts = N, Milk = MK, Celery = CY,
Mustard = MD, Sesame Seeds = SS, Sulphites = SP, Lupin = L