

# Ballylough

## BREAKFAST MENU



Good morning

*please help yourself to juice, tea and coffee.*

### Cooked

- A couple of big pancakes or crêpes [*maple syrup, nutella, jam and butter*]
- Eggs on toast [*Scrambled, boiled, poached*]
- Omelette [*Ham, cheese, eggs, tomato, mushrooms, onions*]\*\*
- The Ballylough breakfast fry [*Bacon, egg, sausage, tomato, mushrooms, homemade cheese bread, beans, onions*]

### Cereals

- Coco Pops
- Rice crispies
- Weetabix
- Oats
- Frosties
- Multi-grain shapes \*\*
- Corn Flakes
- Porridge

### Continental, Fruit & Shakes

- Toast [*Jam, meats & cheese*] \*\*
- Yoghurt [*fruit, honey, oats*] \*\*
- Fruit salad \*\*

*Help start your day by choosing from a variety of fruit to make a vitamin boosting smoothie **OR** choose from the examples below:*

- Banana
- Orange
- Strawberry
- Grape
- Raspberry
- Apple

The Top Shake: Strawberries, Banana, Grapes and Raspberries  
Berry Milk Twist: Strawberries, Raspberries, milk  
To The Core: Apple, Strawberries

***Food sourced Locally***

**Gluten free options are marked with: \*\***