



The Heritage, Killenard, County Laois, Ireland R32 PW10  
t +353 (0)57 864 5500 e info@theheritage.com  
[theheritage.com](http://theheritage.com)

FBD HOTELS & RESORTS



BLAKE'S

# BLAKE'S BREAKFAST A LA CARTE MENU €25

*Good morning and welcome to breakfast at The Heritage*



# OUR CONTINENTAL BUFFET SELECTION

## JUICES

Freshly Squeezed Orange, Pineapple, Apple, Cranberry, & Smoothie of the day

## FRUIT & NUTS

### Selection of fresh fruit

Water Melon, Stewed Prunes, Pineapple, Poached Pears, Fresh Fruit Salad

### Mixed berry compote ①⑤⑥

Banana Flakes, Dried Apricot, Dried Coconut, Hazel Nuts, Almonds & Raisins

## CHARCUTERIE

Honey & Mustard Glazed Emo Ham ⑩  
Chorizo, Parma Ham, Salami

## CHEESE BOARD

### A Selection of Two Irish Cheese ②④

Dubliner Mature White Cheddar, St Killians Wicklow Brie

## YOGURT ②

Natural Probiotic Yogurt  
With berry compote

## CEREALS ①②⑤ (Almonds, hazelnuts) ⑩ (Wheat, Oats)

Homemade Granola ①②⑤ (Walnuts, almonds, Hazelnuts) ⑩ (oats)

Rice Krispies, Housemade Muesli, Weetabix, Cornflakes, Special K

## IRISH OATMEAL (made with milk) ②⑩ (oats)

Pouring cream & mixed berries

## FROM OUR BAKERY ①②⑤⑥⑧⑩ (Wheat)

Croissants, Danish pastries, Muffins

Fresh selection of Breads

Brian Bastick Brown Soda Bread

White & Brown Toast

Gluten Free Toast is available on request

Our selection of jams comes from G's Gourmet Jams Abbeyleix, County Laois. The jams are made the good old fashion way, an open pot, a wooden spoon and plenty of hard work. Here at The Heritage we are very proud to offer our guests these delicious local products.

# OUR COOKED BREAKFAST SELECTION

Please allow 15-20mins for your freshly cooked breakfast available to order from the Kitchen

## TRADITIONAL FULL COOKED BREAKFAST FROM MICHAEL MOORE'S FARM AT EMO

Sausage, Bacon, Black & White Pudding, Mushroom, Tomato, Crispy Potato ⑩ (Oat, Barley)

## Choice of free range Eggs

Boiled Egg ⑥, Fried Egg ⑥, Poached Egg ⑥, Scrambled Egg ②⑥

## VEGAN BREAKFAST

Spinach, Avocado, Roasted Mediterranean Vegetables, Crispy Potato

## HOUSEMADE BUTTERMILK PANCAKES & WAFFLES ②⑥⑩ (Wheat)

Served with Mango & Raspberry Coulis & Chocolate Sauce

## FREE RANGE 3 EGG OMELETTE ②⑥

Honey Glazed Emo Ham & Mature Irish Dubliner Red Cheddar ②⑥⑩

Roasted Mediterranean Vegetable & Feta cheese ②⑥

## ORGANIC IRISH SMOKED SALMON ②⑥⑨ (Wheat)

Free Range Scrambled Eggs, Watercress & Spring Onion Hollandaise

## EGGS BENEDICT ②⑥⑩ (Wheat)

Toasted Muffin, Poached Eggs, Bacon, Hollandaise Sauce

## BRIOCHE FRENCH TOAST

Dusted with Cinnamon Sugar, Maple Syrup ②⑤⑥⑩ (Wheat)

All Breakfast orders include Irish Breakfast Tea or freshly brewed filter coffee.

Please inform us of any allergies, as our produce may contain some of the following:

① Peanuts ② Dairy ③ Shellfish ④ Sulphites ⑤ Tree Nuts ⑥ Eggs ⑦ Soy ⑧ Sesame ⑨ Fish ⑩ Gluten ⑪ Mustard ⑫ Celery ⑬ Molluscs ⑭ Lupin

If you have any specific dietary requirements please inform a member of the restaurant team and we will assist you in any way possible.