



BLAKE'S
BREAKFAST MENU

OUR CONTINENTAL BUFFET SELECTION

JUICES

Freshly Squeezed Orange, Apple or Cranberry

HEALTHY & HEARTY

AÇAI SMOOTHIE BOWL

Topped with Toasted Granola & Dried Coconut
2, 5 (Walnuts, Coconut), 10

TOASTED ORGANIC MERRYMILL OAT GRANOLA

With Seasonal Berry Compote, Greek Yogurt & Fresh Berries
2, 5 (Walnuts, Coconut), 10

FRUIT POT

With Pineapple, Kiwi, Honeydew Melon & Grapefruit

MERRYMILL OVERNIGHT OATS (GF)(V)

With Plum Compote, Fresh Berries & Toasted Almonds
5 (Almonds), 10 (Oats)

MERRYMILL IRISH OATMEAL (GF)

Served with Irish Pouring Cream, Seasonal Mixed Berry Compote & Organic Honey
2, 10 (Oats)

SELECTION OF FRESH PASTRIES & BREADS

1, 5, 6, 7, 10

SELECTION OF GLUTEN FREE OPTIONS

2, 5, 7

CEREALS

Rice Krispies, Muesli, Weetabix, Cornflakes, Special K, Porridge
1, 2, 5 (Almonds, Hazelnuts), 10 (Wheat, Oats)

OUR COOKED BREAKFAST SELECTION

Please allow 15-20 minutes for your freshly cooked breakfast available to order from the kitchen.

TRADITIONAL FULL IRISH BREAKFAST

Sausage, Bacon, Black & White Pudding, Portabello Mushroom, Roasted Cherry Vine Tomato & Potato Farl
10 (Barley)

VEGETARIAN FULL IRISH

Vegan Sausage, Portobello Mushroom, Chilli Smashed Avocado, Roasted Cherry Vine Tomato & Potato Farl
7, 10 (Oat)

CHOICE OF FREE RANGE EGGS: Boiled Egg, Fried Egg, Poached Egg, Scrambled Egg
2, 6

HERITAGE EGGS BENEDICT

Softly Poached Eggs on a Toasted English Muffin, Hollandaise & Crispy Bacon
(Eggs Florentine & Eggs Royale are Available)
2, 6, 10 (Wheat)

BUTTERMILK PANCAKES & WAFFLES

Served with Maple Syrup and Seasonal Berry Compote
2, 6, 10 (Wheat)

HERITAGE FREE RANGE 3 EGG OMELETTE

- Honey Glazed Rosemary Ham & Mature Dubliner Cheese
- Garryhinch Wild Mushroom & Ardsalagh Goats Cheese
- Chorizo & Manchego Cheese

2, 6

HERITAGE FRENCH TOAST

Brioche Bread dipped into a Savoury Egg Glaze then toasted with a Poppy Seed Crumb, Maple Syrup & Berry Compote
2, 6, 10 (Wheat)

SCRAMBLED TOFU & VEGAN GREEK FETA CHEESE

Chilli Smashed Avocado, Spinach & Toasted Sourdough
2, 7

All Breakfast orders include Irish Breakfast Tea or Freshly Brewed Filter Coffee.
Handcrafted Barista coffees available from €3.95.

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 - Cereals containing 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.

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. Our Oatmeal comes from the Merrymill Vicarstown, County Laois, also.

Here at The Heritage we are very proud to offer our guests these delicious local products.