



BLAKE'S
BREAKFAST MENU

OUR CONTINENTAL BUFFET SELECTION

HEALTHY & HEARTY

SMOOTHIE

2

ORGANIC MERRYMILL OAT GRANOLA

5 (Walnut), 10 (Oats)

NATURAL GREEK STYLE YOGURT

2

MERRYMILL OVERNIGHT OATS

2, 5 (Walnut), 10 (Oats)

MIXED FRUIT SALAD

PLUM COMPOTE

MIXED BERRY COMPOTE

WATERMELON SLICES

FRUIT SEGMENTS

JUICES

ORANGE

APPLE

CRANBERRY

CEREALS

RICE KRISPIES

1, 2, 5 (Almonds, Hazelnuts), 10 (Wheat, Oats)

HOUSE MADE MUESLI

1, 2, 5 (Almonds, Hazelnuts), 10 (Wheat, Oats)

WHEETABIX

1, 2, 5 (Almonds, Hazelnuts), 10 (Wheat, Oats)

CORN FLAKES

1, 2, 5 (Almonds, Hazelnuts), 10 (Wheat, Oats)

SPECIAL K

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 COOKED BREAKFAST

Locally Sourced Sausage, Bacon, Black & White Pudding, Garryhinch Mushroom, Roasted Tomato, Potato Farl

10 (Barley)

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, Roasted Cherry Tomato Hollandaise, Crispy Crowes Bacon, Chive Oil, Bacon Gremolata

2, 6, 10 (Wheat)

VEGAN QUESADA

Lightly Spiced Roasted Mediterranean Vegetables, Chick Peas, Vegan Feta, Pico De Gallo wrapped in a Toasted Tortilla

10 (Wheat)

AMERICAN STYLE BUTTERMILK PANCAKES & WAFFLES

Served with Maple Syrup and Seasonal Berry Compote dusted with Cinnamon Sugar

2, 6, 10 (Wheat)

HERITAGE FREE RANGE 3 EGG OMELETTE

Honey Glazed Emo Ham, Smoked Knockanore Cheese and Spring Onion Roasted Mediterranean Vegetable, Feta Cheese, Spinach
Classic French Style Omelette finished with Irish Brown Butter

2, 6

HERITAGE TOAST

Brioche Bread dipped into a Savory Egg Glaze then toasted with a Poppy Seed Crumb, Grilled Haloumi, Lime and Chilli Honey with a Citrus Yoghurt

2, 6, 10 (Wheat)

KISH FISH IRISH KIPPERS

Irish Kippers lightly grilled served with a Fresh Salsa Verde, Watercress, Charred Lemon

2, 9

All Breakfast orders include Irish Breakfast Tea or Freshly Brewed Filter Coffee. Handcrafted Barista coffees available at €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 Paddy O's cereals made in Cullahill, County Laois.

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