

Breakfast Menu

at Lusty Beg Island Resort & Spa

Start your day your *way*

Good Morning!

Our buffet table is ready & waiting, please feel free to help yourself at your leisure. Our hot breakfast buffet is served from 8am. A member of our team will be with you shortly to take your order.



Drinks *Menu*

Included *Beverages*

- Orange juice
- Apple juice
- Freshly brewed coffee or tea

Speciality *Coffees*

Americano	£3.00
Espresso	£2.50
Cappuccino	£3.80
Latte	£3.80
Flat White	£3.50

Oat, coconut & soya milk options are available. *Please ask your server for details.*

Breakfast Menu

at Lusty Beg Island Resort & Spa

To start,
light & *fresh*.

Continental *buffet*, please help yourself.

- Natural yogurt with strawberry topping & granola
- Selection of cereals, seeds & dried fruits
- Seasonal fruit bowl
- Savoury mini croissant
- Fresh Danish pastry

Please note: Fresh toast will be served to your table with your choice of tea or coffee.

Allergen Key:

1-Celery, 2-Cereals containing gluten, 3-Crustaceans, 4-Egg,
5-Fish, 6-Lupin, 7-Milk, 8-Molluscs, 9-Mustard, 10-Nuts,
11-Peanuts, 12-Sesame seeds, 13-Soya, 14-Sulphur dioxide

From the *buffet* (8AM - 10.30AM)

Traditional Irish Breakfast (2,4,7,13)

Bacon, pork sausages, mushrooms, baked beans, potato bread, grilled tomato & white pudding. Choice of fried, scrambled or poached eggs. (GF option available)

From the *kitchen* (7.30AM - 10AM)

American Style Pancakes (2,4,7)

Pancakes served plain, or with a choice of fresh fruit, mascarpone whipped cream & maple syrup, or streaky bacon & maple syrup.

Eggs Benedict (2,4,5,7)

Toasted muffin, streaky bacon, poached eggs & hollandaise sauce.

Scrambled Eggs & Salmon (4,5,7)

Lightly cooked scrambled eggs & smoked salmon.

Creamy Porridge (7)

Creamy traditional oats served plain or with a choice of strawberries & honey, or apple & cinnamon. (Vegan option available)

Vegetarian Breakfast (2,4,7,13)

Vegetable sausages, vegan bacon, mushrooms, baked beans, potato bread & grilled tomato. Choice of fried, scrambled or poached eggs. (Vegan option available)