

# 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)

Please inform your server of any allergies or dietary requirements before ordering. Due to the risk of cross-contamination, please do not rely solely on menu allergen information. By making us aware, we can take the utmost care when preparing your meal.