



SHERATON

Athlone Hotel

Breakfast Menu – A La Carte

Continental

SELECTION OF CEREALS ^{11A}

CORNFLAKES, RICE KRISPIES, WEETABIX, MUESLI, COCOPOPS (GLUTEN FREE AVAILABLE)

SELECTION OF FRESHLY SQUEEZED JUICES

ORANGE, APPLE, GRAPEFRUIT, CRANBERRY

HOT PORRIDGE

FROM THE KITCHEN ^{2, 11D}

ACCOMPANIMENTS; FRESH BERRIES, MIXED SEEDS, & LOCAL HONEY

FRESHLY BAKED CROISSANT

& DANISH BASKET ^{1, 2, 11A}

GLUTEN FREE VERSIONS AVAILABLE

FRESH FRUIT SALAD ²

ACCOMPANIMENTS; NATURAL YOGHURT

FRUIT SEGMENTS

CHOICE OF GRAPEFRUIT OR MANDARIN

COLD MEAT & LOCAL

CHEESE PLATE ²

Hot Breakfast

TRADITIONAL FULL IRISH ^{1, 2, 11A}

TWO FREE RANGE EGGS YOUR WAY, CARTY'S OF ATHLONE CRISPY BACON, IRISH BLACK AND WHITE PUDDING, WALDRON'S FINE SAUSAGES, GRILLED PLUM TOMATOES, SAUTEE MUSHROOMS.

VEGETARIAN BREAKFAST ^{1, 2, 11A}

TWO FREE RANGE EGGS YOUR WAY, GRILLED PLUM TOMATOES, BAKED BEANS, SAUTEE MUSHROOMS, VEGETARIAN SAUSAGE (VEGAN OPTION AVAILABLE ALSO)

CLASSIC OMELETTE ^{1, 2}

"CARTY'S" HAM & MATURE DUBLINER CHEDDAR (€2.95 SUPPLEMENT)

EGGS BENEDICT ^{1, 2, 11A}

TOASTED MUFFIN, TWO FREE RANGE POACHED EGGS, GRILLED PANCETTA & CLASSIC HOLLANDAISE SAUCE (€3.95 SUPPLEMENT)

STACK OF AMERICAN STYLE

PANCAKES ^{1, 2, 11A}

ACCOMPANIMENTS; MAPLE SYRUP & FRESH BERRIES (€2.95 SUPPLEMENT)

Hot Beverages

TRADITIONAL TEA/FILTERED COFFEE

AMERICANO

€2.50

CAPPUCCINO ²

€3.00

FLAT WHITE ²

€3.00

LATTE ²

€3.00

ESPRESSO

€2.50

DOUBLE ESPRESSO

€2.90

HOT CHOCOLATE ²

€3.00

ALLERGENS :

1. EGG, 2. MILK, 3. SHELL FISH, 4. MOLLUSCS, 5. FISH, 6. PEANUT, 7. SESAME, 8. SOY, 9. SULPHUR DIOXIDE, 10. NUTS, 10A. ALMOND, 10B. HAZELNUT, 10C. WALNUT, 10D. CASHEW, 10E. PECAN, 10F. BRAZIL, 10G. PISTACHIO, 10H. MACADAMIA, 11. CEREALS (CONTAINING GLUTEN): 11A. WHEAT, 11B. RYE, 11C. BARLEY, 11D. OATS, 11E. SPELT, 11F. KAMUT, 12. CELERY 13. MUSTARD, 14. LUPIN