

# TRÍOG

## RESTAURANT



MIDLANDS  
PARK  
HOTEL

## The Trióg Traditional

### Full Irish Breakfast

2 back bacon, 2 pork sausages, black and white pudding, grilled tomato, mushrooms, sautéed potato & a fried egg

Cereals containing Gluten, Egg, Nuts & Mustard

### Mini Breakfast

1 back bacon, 1 pork sausage, 1 fried egg & grilled tomato

Cereals containing Gluten, Egg, Nuts & Mustard

### Vegetarian & Gluten Free Breakfast

Grilled tomato, sautéed mushrooms, fried egg & beans

Egg, Nuts & Mustard

### Baked Belgian Waffle

Topped with maple syrup

Cereals containing Gluten, Egg, Dairy & Mustard

## The Trióg Specialties

Supplement of €2.95

### Avocado and Beans on Toast

Toasted local Mueller and O'Connell sourdough, smashed avocado, topped with 3 bean spiced cassoulet

Cereals containing Gluten, Nuts, Celery & Mustard

### Eggs Benedict

Poached egg on a toasted sourdough, wilted spinach, topped with hollandaise sauce

Cereals containing Gluten, Egg, Nuts & Mustard

Our Head Chef Bernard Rochford makes it his mission to source the finest local produce that our wonderful County of Laois and surrounding counties have to offer. Local and sustainable produce is extremely important to us. Our suppliers include: Harding Butchers, G's Jams, Garryhinch Mushrooms, Brown's Fruit & Vegetables, Butterfly Chocolatiers, Mueller & O'Connell Bakery & Ballykilcavan Farm.



## The Trióg Self Service

**Fresh Juice;** Orange, cranberry, apple

**Selection of Yoghurts;** choice of Clonakilty mixed berry and natural yoghurt

Dairy

**Fresh Fruit Salad:** grapes, pineapple & melon

**Cereal;** fruit & fibre, rice krispies, corn flakes, coco pops, weetabix & granola

Cereals containing Gluten, Egg, Dairy & Nuts

**Pastries & Mini Muffins;** croissants, pain au chocolate & mini muffins

Cereals containing Gluten, Egg, Dairy & Nuts

**Porridge** cooked in water with brown sugar

Cereals containing Gluten & Soybean

**Brown Or White Toast**

Cereals containing Gluten,

**Pancakes with Maple Syrup**

Cereals containing Gluten, Egg, Dairy, Nuts & Mustard

## Speciality Side Orders

Smashed Avocado €1.50

Local Mueller and O'Connell Sourdough €1.95

Cereals containing Gluten

Hollandaise Sauce €1.95

Egg

Wilted Spinach €2.95

# Coffee

Espresso	€3.05
Double Espresso	€3.45
Americano	€3.55
Macchiato	€3.05
Latte	€3.70
Cappuccino	€3.70
Flat White	€3.65
Hot Chocolate	€4.10
Mocha	€4.10
Speciality Tea	€3.50
Flavoured Syrups	€0.40
Speciality Milk	€0.40

