

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 €3.20

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, Milk, 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 & Ballykilkavan 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	€2.50
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Local Mueller and O'Connell Sourdough	€2.50
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Cereals containing Gluten

Hollandaise Sauce	€2.50
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Egg, Dairy

Wilted Spinach	€2.50
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Hot Beverages

