

TRÍOG

RESTAURANT



MIDLANDS
PARK
HOTEL

Tríog Made to Order

Full Irish Breakfast

2 Back Bacon, 2 Pork Sausages, Black & White Pudding, Grilled Tomato, Mushrooms, Fried Potato & Fried Egg

Cereals containing Gluten, Egg, Nuts & Mustard

Mini Breakfast

1 Back Bacon, 1 Pork Sausage, Fried Egg & Grilled Tomato

Cereals containing Gluten, Egg, Nuts & Mustard

Vegetarian Breakfast

Grilled Tomato, Sautéed Mushroom, Fried Potato, Fried Egg & Beans

Egg, Nuts & Mustard

Gluten Free Breakfast

Back Bacon, Grilled Tomato, Sautéed Mushrooms, Fried Egg & Beans

Egg, Nuts & Mustard

Eggs

Boiled, Scrambled, Poached & Fried Egg

Egg

Avocado & Beans on Toast

Toasted local Mueller and O'Connell Sourdough, Smashed Avocado, Topped with 3 Bean Spiced Cassoulet

Cereals containing Gluten, Nuts, Celery & Mustard

Baked Belgian Waffle

Topped with Maple Syrup

Cereals containing Gluten, Egg, Dairy & 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, Mueller & O'Connell Bakery & Ballykilcavan Farm.

Tríog Self Service

Fresh Juice; Orange, Cranberry, Apple

Natural Yoghurt; Berry & Apple Compote

Dairy

Milk; Soya & Almond

Fresh Fruit Salad: Grapes, Pineapple, Watermelon, Orange Segments, Grapefruit, Prunes, Peaches, Pears & Melon

Cereal; Fruit & Fibre, Rice Krispies, Corn Flakes, Coco Pops & Weetabix

Cereals containing Gluten, Egg, Dairy & Nuts

Granola; Ballyrider & The Foods of Athenry Granola

Cereals containing Gluten, Egg, Dairy & Nuts

Pastries & Mini Muffins; Croissants, Pain au Chocolate, Red Fruit Muffin, Chocolate & Hazelnut Muffin & Salted Caramel Muffin

Cereals containing Gluten, Egg, Dairy & Nuts

Porridge Cooked in water with brown sugar, choice of topping Flax Seed, Banana Chips, Dried Cranberry, Raisins & Sultanas

Cereals containing Gluten & Soybean

Brown Or White Toast & Soda Bread

Cereals containing Gluten

Selection of Cold Meat & Cheese

Cereals containing Gluten, Egg, Dairy

Pancakes with Maple Syrup

Cereals containing Gluten, Egg, Dairy, Nuts & Mustard

Gluten Free Options: Paddy O's Granola, Porridge, Cornflakes, Gluten Free Bread, Blueberry Muffin, Pastries & Chocolate Muffin

Egg, Dairy, Nuts & Mustard

