

Tríog Self-Service



Fresh Juices

Orange, Cranberry, Apple

Fresh Cut Fruit & Mixed Fruit

A fresh Mix of Grapes, Pineapple Pieces, Galia Melon, Cantaloupe Melon, Sliced Watermelon, Peach Slices, Mandrin Orange Segments

Pastries & Muffin

Allergens: 1, 3, 7, 8

Mini Croissants
Mini Pain au Chocolate
Red Fruit Muffin
Chocolate & Hazelnut Muffin
Salted Caramel Muffin
Blueberry Muffin
Mini Danish Pastry

Natural Yoghurt

Homemade Berry Compote, Rhubarb and Ginger Compote

Cereals and Granola

Allergens: 1, 3, 7, 8

Fruit & Fibre, Rice Krispies, Corn Flakes, Coco Pops, Weetabix, Foods of Athenry Granola

Breads

Allergens: 1

Sliced Soda Bread
Tradition sliced White and Brown Bread

Selection of Cold

Allergens: 1, 3, 5, 7, 8, 10

Meat & Cheese Platters

Pancakes

Allergens: 1, 3, 7, 8, 10

with Maple Syrup



1
Gluten



2
Crustaceans



3
Eggs



4
Fish



5
Peanuts



6
Soybeans



7
Milk



8
Tree Nuts



9
Celery



10
Mustard



11
Sesame Seeds



12
Sulphur Dioxide/
Sulphites



13
Lupin



14
Molluscs

Continental Breakfast €14.95

Full Breakfast €18.50

Tríog Restaurant

The Tríog Traditional

Traditional Full Irish Breakfast

Allergens: 1, 3, 8, 10

Newbridge Meats Back Bacon & Pork Sausage, Freighrey Butchers White Pudding, Fried Potato, Grilled Tomato, Sautéed Mushrooms, Fried Egg (Black Pudding Available on Request)

Mini Breakfast

Allergens: 1, 3, 8, 10

Newbridge Meats Back Bacon & Pork Sausage, Fried Egg, Grilled Tomato

Vegan & Veggie Breakfast

Allergens: 1, 3, 8, 9, 10

Baked Garryhinch Oyster Mushroom, Toasted on Traditional English Muffin with Wilted Spinach

Kids Breakfast

Allergens: 1, 3, 8

Newbridge Meats Back Bacon & Pork Sausage, Fried Egg

Baked Belgian Waffle & Bacon

Allergens: 3, 7, 10

Topped with rich Maple Syrup

Traditional Homemade Porridge

Allergens: 1

Cooked in water with Dried Cranberries and Mixed Seeds

Traditional Eggs Benedict

Allergens: 1, 3, 8, 9, 10

Poached Eggs Served on Toasted Traditional English Muffin, Covered in Hollandaise Sauce

Traditional Homemade Porridge

Allergens: 1, 6

Cooked in water with Brown Sugar, Dried Cranberries, Raisins and Sultanas



Gourmet Breakfasts

Scrambled Egg, Chives, Bally & Kish Oak Smoked Salmon on Toasted English Muffin

Allergens: 1, 3, 4, 7

Grilled Peppered Smoked Mackerel with Wilted Spinach & Hollandaise Sauce

Allergens: 3, 4, 7



1
Gluten



2
Crustaceans



3
Eggs



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Fish



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Peanuts



6
Soybeans



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Milk



8
Tree Nuts



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Celery



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Mustard



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Sesame Seeds



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Sulphur Dioxide/
Sulphites



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Lupin



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Molluscs

For Residents on a Breakfast Package there is a €2.50 Supplement Charge for Gourmet Breakfast Before Ordering