

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
Traditional 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 Breakfast

Allergens: 1, 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, 12

Cooked in water with Dried Cranberries and Mixed Seeds, Created by our Culinary Team.

Build Your Own Buffet Option.

Traditional Eggs Benedict

Allergens: 1, 3, 8, 9, 10

Poached Eggs served on a Toasted Traditional English Muffin, with a Slice of Bacon, Covered in Hollandaise Sauce.

Grilled Peppered Smoked Mackerel

Allergens: 1, 3, 8, 9, 10

With Wilted Spinach & Hollandaise Sauce

Vegetarian Breakfast

Allergens: 3, 5, 10

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

Gluten Free Breakfast

Allergens: 3, 5, 10

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



Gourmet Breakfasts

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

Allergens: 1, 3, 4, 7



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

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