

Tríog Restaurant

— €18.95 —

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

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

Kids Breakfast

Allergens: 1, 3, 8, 10

Newbridge Meats Back Bacon & Pork Sausage, Fried Egg

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: 1, 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



Baked Belgian Waffle & Bacon

Allergens: 1, 3, 7, 10

Topped with rich 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

Tríog Self-Service

— €14.95 —

Coffee & Tea Station

Coffee: Americano, Latte, Flat White

Breakfast Tea - Selection of Herbal Teas

Selection of Bread

Allergens: 1

Sliced Soda Bread

Traditional Sliced White and Brown Bread

Fresh Juices

Orange, Cranberry, Apple

Selection of Pastries & Muffins

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

Traditional Homemade Porridge

Allergens: 1

Build Your Own Buffet Option

Seasonal Fresh Fruit Salad

Selection of Sliced Fruits

Natural Yoghurt

Allergens: 7

Homemade Berry Compote

Vegetable Bowls

Allergens: 12

Cucumber, Olives, Peppers

Cereals and Granola

Allergens: 1, 3, 7, 8

Musli, Rice Krispies, Corn Flakes, Coco Pops, Weetabix, Foods of Athenry Granola

Selection of Cold Platters

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

Meat & Cheese

Pancakes

Allergens: 1, 3, 7, 8, 10

with Maple Syrup



Gluten Free Continental Breakfast

Allergens: 3, 7, 8

Cereal

White and Brown bread

Muffins

Pastries



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