



# CONTINENTAL BREAKFAST STAND SERVED TO THE TABLE

GLENISK STRAWBERRY OR MANGO YOGURT ②  
DANISH PASTRY  
CROISSANT  
HOMEMADE BROWN BREAD  
GRANOLA  
DICED PINEAPPLE & WATER MELON  
MANGO SMOOTHIE

## OUR COOKED BREAKFAST SELECTION

Please allow 15-20mins for your freshly cooked breakfast available to order from the Kitchen

### PADDY O'S IRISH OATMEAL

Pouring cream & mixed berries & made with milk

②⑩ (oats)

### TRADITIONAL FULL COOKED BREAKFAST FROM MICHAEL MOORE'S FARM AT EMO

Sausage, Bacon, Black & White Pudding, Mushroom, Tomato, Baby potato

⑩ (Oat, Barley)

Choice of free range Eggs Boiled Egg ⑥, Fried Egg ⑥, Poached Egg ⑥, Scrambled Egg ②⑥

### VEGAN BREAKFAST

Spinach, Avocado, Roasted Mediterranean vegetables, baby potato

### HOUSEMADE BUTTERMILK PANCAKES & WAFFLES

Raspberry, mango or chocolate sauce

②⑥⑩ (Wheat)

### FREE RANGE 3 EGG OMELETTE ②⑥

Honey glazed Emo ham & mature Irish Dubliner red cheddar ②⑥⑩

Roasted Mediterranean Vegetable & Feta cheese ②⑥

## BREAKFAST MENU AT

THE  
**HERITAGE**  


7am - 10.30am Mon-Fri  
8am - 11.00am Sat & Sun

All Breakfast orders include Irish Breakfast Tea or freshly brewed filter coffee.

Our selection of jams comes from G's Gourmet Jams Abbeyleix, County Laois. The jams are made the good old fashion way, an open pot, a wooden spoon and plenty of hard work. Our Oatmeal comes from Paddy O's cereals made in Cullahill, Co. Laois. Here at The Heritage we are very proud to offer our guests these delicious local products.

Please inform us of any allergies, as our produce may contain some of the following: ① Peanuts ② Dairy ③ Shellfish ④ Sulphites ⑤ Tree Nuts ⑥ Eggs ⑦ Soy ⑧ Sesame ⑨ Fish ⑩ Gluten ⑪ Mustard ⑫ Celery ⑬ Molluscs ⑭ Lupin

If you have any specific dietary requirements please inform a member of the restaurant team and we will assist you in any way possible.

