

FOOD PRODUCERS AND SUPPLIERS

Free Range Eggs  
Spillane's Seafood  
Star Seafood  
Foods of Athenry  
Mc Carrens Curred Bacon and Ham  
Tim Jones Traditional Irish Sausage & Puddings  
La Rousse Foods

L A K E  
R O O M



Aghadoe Heights

HOTEL AND SPA

LAKES OF KILLARNEY, KILLARNEY, COUNTY KERRY, IRELAND  
tel: +353(0)64 663 1766 web: [www.aghadoeheights.com](http://www.aghadoeheights.com)

B R E A K F A S T M E N U

The Team at the The LakeRoom Restaurant would like to say  
 Dia Dhuit :: Good Morning :: Guten Morgen :: Bonjour  
 Buenos Dias :: Buona Maltina :: 早安 :: صباح الخير  
 To All Our Guests for Breakfast

# L A K E R O O M

## CONTINENTAL

### JUICES

Selection of Freshly squeezed Orange Juice,  
 Grapefruit Juice, Apple Juice,  
 Pineapple Juice, Cranberry Juice,  
 Tomato Juice

### BAKERS CORNER

Selection of Mini Pastries,  
 Carrot & Ginger Bread,  
 Gluten-Free Rolls, Banana Bread,  
 Brown Soda Loaf, Scones, Flavoured Loafs  
*All our breads are freshly baked here  
 in Aghadoe Heights to traditional recipes*

### CEREALS & DRIED FRUIT

Cornflakes, Home Mixed Muesli, Fruit & Fibre,  
 Rice Krispies, Weetabix, Dried Figs,  
 Banana Slices & Granola 5, 6, 7, 14

### TRADITIONAL WARM

### OATMEAL PORRIDGE

Served Plain, or with Milk,  
 or with Dingle Whiskey Cream

### GLUTEN FREE SELECTION

Cornflakes, Muesli 5, 6, 7, 14,  
 Gluten Free Bread Rolls, Gluten Free Toast  
 served from the Kitchen 5, 11

### YOGURTS, HONEYS & COMPOTES

Natural Velvet Cloud Yogurt  
 Macha Tea Apple & Raisin Compote  
 Stewed Prunes  
 Honey Comb Stand  
 Walnut Honey

Individual Bowls of Fresh Grapefruit Segments  
 Watermelon, Cantaloupe or Honeydew Melon,  
 Pineapple

### MEAT & CHEESE

Pepper Coated Salami,  
 Herb Coated Salami Honey Baked Ham,  
 Chorizo, Cashel Blue Cheese,  
 Red Cheddar, Irish Brie 7, 8, 12, 13, 14

## HOT BREAKFAST

### FROM THE GRILL

Tim Jones Pork Sausages, Grilled McCarrens Bacon, Tournafula Black & White Pudding,  
 Air Dried Tomato, Field Mushrooms, Sautéed Potatoes, 6, 7, 8, 9, 11, 12, 13, 14  
 Free Range Egg of your choice - Fried, Scrambled, Poached and Boiled 11

### OMELETTE

Local Free Range Eggs, Choice of Spillane's Smoked Salmon,  
 Maple & Mustard Glazed Ham, Onion, Tomato, Irish Cheddar, Mushrooms,  
 Spinach 3, 7, 11, 13, 14

### NIALL'S POACHED

Crushed Avocado, Toasted Brioche, Poached Free Range Eggs, Hollandaise Sauce 6, 7, 9, 11, 12, 13, 14

### EGGS BENEDICT

Toast Brioche, Home Baked Ham, Poached Free-Range Eggs, Hollandaise Sauce 6, 7, 9, 11, 12, 13, 14

### GRILLED KIPPERS

Natural Smoked Kippers, Grilled with Lemon Butter, Sautéed Potatoes, Fresh Herbs 3, 7, 9, 11, 13

### SPILLANE'S HOME SMOKED SALMON

Scrambled, Chive Crème Fraiche 3, 7, 9, 11, 13

### FISH SPECIAL OF THE MORNING

Please ask your waiter 3, 7, 9, 11, 13

### FLUFFY PANCAKES

Aghadoe Heights Stacked Buttermilk Pancakes, Strawberries, Cream, Maple Syrup OR Bacon 6, 7, 11, 12, 13

## FOR SMALLER APETITES

Boiled Egg & Soldiers 6, 7, 11

Eggs of Choice, Sausage, Bacon & Baked Beans 6, 9, 11

Aghadoe Heights Stacked Buttermilk Pancakes  
 with Strawberries, Cream, Maple Syrup OR Bacon 6, 7, 11, 12, 13



## ALLERGEN INDEX

Please inform your server if you have any allergies or dietary requirements.

No. 1 & 2	Shellfish (e.g. prawns or mussels)	No. 7	Milk/milk products	No. 11	Eggs
No. 3	Fish	No. 8	Soya	No. 12	Celery and celeriac
No. 4	Peanuts	No. 9	Sulphur Dioxide	No. 13	Mustard
No. 5	Nuts (specify nuts)	No. 10	Sesame seeds	No. 14	Lupin
No. 6	Cereal containing gluten				

FULL IRISH BREAKFAST €23.00  
 CONTINENTAL BREAKFAST €15.00

ALL OF OUR HOT FOOD IS COOKED TO ORDER SO PLEASE ALLOW EXTRA TIME FOR THIS  
 If you have an appointment in the spa please let your waiter know to avoid any delays.