

# The Mill

AT  
**BLARNEY**  
WOOLLEN MILLS  
IRELAND

*We are delighted to welcome you to The Mill, where we share our passion for local produce, traditional favourites and healthy eating. Breakfast is the most important meal of the day, so we hope you enjoy yours and that it sets you up for a wonderful day ahead*

## **BREAKFAST MENU**

### **From The Buffet**

A selection of cereals (Cornflakes, Coco pops, Rice kipsies, Crunchy nut cornflakes, Alpen, Weetabix,) yoghurt pots, juices (orange, apple, cranberry) fresh fruit salad (1a, 1b, 1c, 1d, 3, 5, 6, 7, 8)

### **The Full Irish**

Traditional Irish breakfast of two grilled bacon, two O' Flynn's Artisan gourmet sausages, free range egg, Clonakilty black and white pudding, beans, roasted vine tomato and sautéed button mushrooms, served with toasted sourdough (1a, 1b, 1d, 3, 5, 6, 12)

### **The Mini**

Traditional Irish mini breakfast of one grilled bacon, one O' Flynn's Artisan gourmet sausage, free range egg, Clonakilty black and white pudding served with toasted sourdough (1a, 1b, 1d, 3, 5, 6, 12)

### **The Veggie**

Free range egg, roasted vine tomato, sautéed spinach, button mushrooms, beans and rustic potatoes served with toasted sourdough (1a, 3, 6, 12)

### **Eggs Benny**

Two poached free range eggs, crispy bacon, hollandaise sauce and fresh chives on toasted sourdough (1a, 3, 6)

### **Wild Wild Mushrooms**

Herby wild mushrooms served on toasted sourdough with two free range poached eggs and a tarragon hollandaise sauce (1a, 3, 6)

### **Avocado toast**

Smashed avocado on toasted sourdough with two free range poached eggs, toasted sesame seeds and rocket (1a, 3, 11)

### **Breakfast Omelette**

Three egg omelette served with a choice of

- Smoked bacon, vintage cheddar cheese, tomato and red onion (3, 6)
- Spinach, mushroom, vintage cheddar cheese (3, 6)

### **Eggs Any Style**

Two free range eggs, poached, boiled, fried or scrambled served with crispy bacon & toasted sourdough (1a, 3, 6)

### **American Style Pancakes**

Five fluffy buttermilk pancakes topped with a choice of

- Crispy streaky bacon and maple syrup (1a, 3, 6)
- Nutella and strawberries (1a, 3, 5, 6, 8 Hazelnut)

### **Creamy Porridge**

Warm creamy porridge served with a choice of

- Healy's honey (1d, 6) -apple and pecan (1d, 6, 8 Pecan)

**WE CAN SUBSTITUTE ALL TOASTED SOURDOUGH WITH A GLUTEN FREE OPTION**

1. Cereals / Gluten	6. Milk	11. Sesame
2. Crustaceans	7. Peanuts	12. Sulphites
3. Eggs	8. Nuts	13. Lupin
4. Fish	9. Celery	14. Molluscs
5. Soya Beans	10. Mustard	

