

# **Biachlár/Breakfast Menu**

Is maith an t-anlann an t-ocras/  
Hunger is a great sauce

## **Sú an lae/Juice of the Day**

All juices are freshly squeezed using fresh &  
seasonal fruit

## **Tosnú /Starter**

**An Riasc Granola** served with compote of  
berries& Natural Yoghurt

**Organic Oatmeal** topped with honey, raisins &  
nutmeg

## **Príomhchúrsa/Main Dishes**

**An Bricfeast Traidisiúnta/Traditional**  
Irish Breakfast Annascaul Bacon (2),  
Annascaul Pork Sausages (2), Annascaul Black &  
White Pudding, Lispole Free-Range Egg

## **Iasc na Mara/Seafood**

Panfried Kippers from Paddy Mahony served with  
An Riasc homemade Mayo & Lemon Wedge

## **Torthaí Séasúil/Seasonal Fruit**

Fresh fruit served with Glenisk Organic Natural  
Yoghurt

## **Uibheacha Áitiúil/Local Eggs**

Scrambled or Poached Lispole Free- Range Eggs  
on Toast

**Mias Speisialta an Lae/** Special Dish of  
the Day on Board