

Café Therese Breakfast Menu

Good Morning to you our guest, we hope that you had a restful stay with us

Continental Breakfast from the Buffet:

Cereals

*Weetabix
Special K
Muesli
Frosties*

*Cornflakes
Rice Krispies (Coeliac Friendly)
Alpen*

Fresh Porridge served with Honey made to order from the Kitchen

Breads & Preserves

Butter Croissants

Selection of Freshly Cooked Mini Danish Pastries

Selection of Home Scones

Homemade Brown Bread, Toast, Low Fat Bagels

Butter (Full and Low fat) and Selection of Preserves which includes our Homemade Jam

Fresh Fruit Bowl

Peach Bowl

Prune Bowl

Yoghurt of Choice

Extra's to add to your Cereals & Fruit:

Raisins, Sunflower Seeds, Pumpkin Seeds

Mixed Cheese Platter served with Grapes

Smoked Salmon Platter served with Lemons & Capers

Juice

Cranberry

Orange

Grapefruit

Apple

The above served with Freshly Brewed Tea or Coffee

The Full Headfort Arms Irish Experience

Full offering from our Continental Buffet, plus Irish Morning Fry

With all the Trimmings

Irish Morning Fry

*Bacon, Sausage, Tomato, White and Black Pudding, Hash Browns,
Egg cooked to your liking, served with Toast and Freshly Brewed Tea or Coffee
Egg of your liking (Poached, Boiled, Fried or Scrambled) on Toast
with Morning Tea/Coffee and Juice*

Three Egg Omelettes with fillings of your choice (Mushrooms, Tomatoes, Ham, Peppers, Cheese)

For The Healthy Option:

Smoked Salmon and Chive Omelette or

Spinach & Sun dried Tomatoes Omelette

Pancake served with Fresh Banana or Strawberries and Maple Syrup

Pot of Morning Tea or Coffee with Toast Basket and Preserves

Gluten Free Bread Rolls available upon request