

THE
LANSDOWNE
KENMARE



THE NEAD BREAKFAST MENU

Open 7 days: Served from 8am – 11.30am

TO BEGIN

Gaelic Porridge – €8.50

Flahavan's Porridge topped with West Cork Black Cask Irish Whiskey, Fresh Cream and Brown Sugar ^(1,7)

Irish Cream Porridge – €8.50

Flahavan's Porridge topped with Five Farms Irish Cream (contains alcohol), Fresh Cream and Brown Sugar ^(1,7)

Flahavan's Finest Porridge Oats – €6.00

Seasonal Berries, a Hint of Cinnamon and Local Honey ^(1,7)

Homemade Nut and Maple Granola – €6.50

Seasonal Berries with a side of Glenilen Natural Yogurt ^(1, 5, 6, 7, 8, 11, 12)

Vegan soya yogurt and gluten free options available

FROM THE COUNTER

Breadbasket – €4.50

Sourdough and Heir Island Brown Bread, served with Wexford Preserves Marmalade or Jam ^(1,3,7)

Toast Board – €5.50

Served with Wexford Preserves Marmalade or Jam and Butter (White or Brown) ^(1,7)

Fruit Scone – €4.50

Served with Wexford Preserves Strawberry Jam and Fresh Cream ^(1,3,7)

THE MAIN EVENT

The Hearty Full Irish – €13.50

Dempsey's Free-Range Bacon and Sausages, Fried Forest Farm Waterville Eggs, Sneem Black Pudding, Sautéed Baby Potatoes with a side of Ballymaloe Relish and Sourdough Toast ^(1, 3, 7, 8, 10, 12)

Gluten free option available

The Mini Irish – €9.50

Dempsey's Free-Range Bacon and Sausage, Fried Forest Farm Waterville Egg, Sneem Black Pudding, a side of Ballymaloe Relish and Sourdough Toast ^(1, 3, 7, 8, 10, 12)

Gluten free option available

The Lansdowne Omelette – €9.00

Forest Farm Waterville Eggs, Cherry Tomatoes, Sautéed Mushrooms and Fresh Spinach served with a side of Sourdough Toast ^(1,3,7)

Gluten free option available

Beetroot Hummus – €12.50

Homemade Roasted Beetroot Hummus on Toasted Sourdough, topped with Rocket Leaves, Forest Farm Waterville Poached Eggs and Homemade Basil Pesto ^(1, 3, 5, 7, 8, 10, 11, 12)

Gluten free options available

Banana and Peanut Butter – €12.50

Toasted Brioche topped with Homemade Granola, Peanut Butter and Banana, drizzled in Maple Syrup ^(1,5,8,12)

Gluten free option available

Goatsbridge Smoked Trout – €14.50

Smoked Trout served on Toasted Heir Island Brown Bread with Baby Leaves, Feta Cheese and Poached Forest Farm Waterville Eggs ^(1, 3, 4, 7, 10, 12)

Gluten free options available

Baked Eggs – €12.50

Bean, Lentil and Pepper Skillet, topped with Poached Forest Farm Waterville Eggs, Toasted Sourdough and a side of Glenilen Yogurt ^(1, 3, 6, 9)

Vegan and gluten free option available



Independently minded



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Allergens: 1 Cereals (containing gluten), 2 Crustaceans, 3 Eggs, 4 Fish, 5 Peanut, 6 Soyabeans, 7 Milk, 8 Nuts, 9 Celery, 10 Mustard, 11 Sesame Seeds, 12 Sulphur Dioxide and Sulphates, 13 Lupins, 14 Molluscs