

THE
LANSDOWNE
KENMARE

BREAKFAST | Open 7 days 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 & 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

THE MAIN EVENT

The Hearty Full Irish - €13.50

Dempsey's Free-Range Bacon & 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 & 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 & 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 & Homemade Basil Pesto (1, 3, 5, 7, 8, 10, 11, 12)
Gluten free options available

Banana & Peanut Butter - €12.50

Toasted Brioche topped with Homemade Granola, Peanut Butter & 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 & 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 option available
Gluten free option available

From The Counter

Breadbasket - €5.50

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

Toast Board - €4.50

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

Fruit or Plain Scone - €4.50

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

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