

THE  
**LANSDOWNE**  
KENMARE

## BREAKFAST

### TO BEGIN

#### **Gaelic Porridge - €8.00**

Flahavan's Porridge topped with Redbreast 12-Year-Old Irish Whiskey, Fresh Cream and Brown Sugar (1,7)

#### **Irish Cream Porridge - €8.00**

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 Homemade Tomato 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 Homemade Tomato 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 Kale 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 - €9.00**

Toasted Brioche topped with Peanut Butter & Banana, drizzled in Maple Syrup (1, 5, 8, 12)  
*Gluten free option available*

#### **Smoked Trout - €12.50**

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 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