



2017

# Gregans Castle Breakfast Menu 2017

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## Breakfast Menu

You may order the following at your table (or make your own selection)

Freshly made Organic Porridge  
Grilled Bacon and Sausage with Eggs  
Eggs on Toast  
(Choice of Poached, Fried or Scrambled)  
Eggs Benedict  
Boiled Eggs  
Grilled Fresh Fish of the Day  
Pancakes  
with Highbank Organic Apple Syrup  
- with or without Bacon

The Free Range hens eggs are free range from Claregalway. The sausages and cold meats are from Fingal

Ferguson in Gubeen. The cheese is made down the road at the Aillwee Cave by Ben Johnson. The organic smoked fish is from Birgitta Curtin at The Burren

Smokehouse in Lisdoonvarna. The fresh fish is supplied by the Sexton Family in Doonbeg,

in Doolin. The teas are organic and blended by Solaris Botanicals in Galway.

The coffee is fairtrade.

### Breakfast Menu

Please help yourself from our cold Buffet Fresh Juices:

(Freshly Squeezed Orange,  
Irish Apple, Cranberry)  
Stewed Apricots & Prunes  
Fresh Grapefruit, Cereals,  
Organic Glenisk Yogurt with Berry Compote, Seasonal Fruits

(made to order)

Homemade Organic Breads, Croissant, Pain au Chocolat, Burren Gold  
Organic Cheese and Gubeen Cold Meats, Lisdoonvarna Organic Smoked  
Fish, Toast served with Orange Marmalade or Jams (made in-house)  
Freshly Ground Cafetiere Coffee

Organic Teas: Assam; Earl Grey; Lapsang Souchong; Green;  
Gregans Tea (White, Hibiscus & Lemon Balm); Camomile; Peppermint

