



Featuring
The Captains Table
Restaurant

The Cabin & Lounge

Breakfast Menu

8.00am – 11.30am



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Hot Breakfast

Full Irish Breakfast

2 slices crispy bacon, fried egg, 2 sausages, black & white pudding, fried mushrooms, grilled tomato & sautéed potatoes €8.95

Scrambled Eggs

3 fluffy scrambled Eggs served with fried mushrooms & grilled tomatoes €7.95

Scrambled Eggs with Bacon

3 fluffy scrambled eggs served with crispy bacon, fried mushrooms & grilled tomatoes €8.95

Mini Irish Breakfast

1 slice crispy bacon, fried egg, 1 sausage, black & white pudding, fried mushrooms, grilled tomato & sautéed potatoes €7.95

Smoked Salmon in scrambled eggs

3 fluffy scrambled eggs cooked with locally smoked salmon served with grilled tomato & fried mushrooms €9.95

Smoked Kippers

2 smoked kippers grilled with lemon butter, fried mushrooms & grilled tomatoes €10.95

Vegetarian

2 Vegetarian sausages, egg, tomato, mushrooms, 1 hash brown, sautéed potatoes & beans €9.25

Ham Slices

2 Slices of home cooked ham, sauteed potatoes & 2 fried eggs €8.95

All the above are served with orange juice, toast, soda, tea or filtered coffee.

Continental Breakfast

Breakfast cereal or Yogurt - Toast & homemade soda bread, orange juice & Tea/Coffee €6.50

Chef Specials

Breakfast bap: floury bap filled with 2 sausages, 2 slices bacon & 1 fried egg €6.95

Fillet of salmon flavoured with Cajun spices on a toasted crouton topped with a fried egg served with sautéed potatoes & grilled tomato €9.95

All served with tea or filtered coffee and Orange Juice

Side Orders

Sausage	€1.00	Toast or Soda Bread	€2.00
Bacon	€1.00	Orange Juice	€1.50
Beans	€1.00	Sautéed Potatoes	€2.95
Egg	€1.00		

Healthy Options

Selection of yoghurts €1.50

Fresh Fruit Salad €3.00

Fruit Juices: Apple, Orange €1.50

Muesli with sliced banana €2.50

Porridge oatlets with honey €3.00

Fresh from the Bakery

Danish pastries €2.30

Croissants €2.00

Fruit / Brown / Plain scones €2.00

Homemade Soda Bread €2.00

Muffins €2.50

Herbal Teas €2.45 each

Earl Grey

Light Mediterranean essence of Citrus Bergamia makes this a treat day or night, hot or iced

Chinese Green Tea

Delicate green tea nurtured in Zhejiang province, inspires wise thoughts and mellow reactions

Camomile

Golden flowers and apple aroma, has magical ability to restore the senses

Red Berry

Elevated by the berry tones and nurtured by soothing herbs

Peppermint

Ancient symbol of health and refreshment, welcomes and soothes

Lemon Zest

Lemon, passion flower & lavender, infuses your senses

Afternoon Decaffeinated Tea

Spirited flavour of East African tea captured in lush blend, uplifts yet never overwhelms

Coffee

Espresso

Strong, fresh ground coffee served straight €2.50

Cappuccino

Double espresso with warm milk topped with frothed milk €3.00

Latte

Espresso with steamed milk topped with frothed milk €3.20

Mocha

Espresso with hot chocolate topped with fresh cream €3.50

Hot Chocolate

Milky hot chocolate topped with marshmallows €3.10

Filtered Coffee

Bewleys fresh ground coffee €2.30

Americano

Strong American coffee €2.40

White Coffee

Coffee made with milk €2.50

Pot of Boiling Water

€1.40

Pot of Filtered Coffee €3.00