

RISE & SHINE

*The
ROSS*

Town Centre | Killarney



Good Morning

Breakfast is regarded as
the most important meal of the day
and at The Ross we agree!

JUICES

Choose from Orange or Apple Juice

TO BEGIN

Choice of:

Cornflakes

Branflakes

Weetabix

Rice Krispies

Creamy Porridge

Dingle Creamery Natural Yoghurt
with Home Made Granola
and/or Fresh Fruit Salad

1-7 Wheat/Oat (v) (n)

We will be serving
our homemade pastry basket
that offers:

Chocolate Banana Bread,

Blueberry Scones,

Breakfast Muffins

and Guinness Treacle Brown Bread

that you can choose

from at your table

Each breakfast is served

with Toast &

freshly brewed Tea or Coffee

COOKED TO ORDER BREAKFAST

The Full Irish

Tim Jones Bacon, Sausage, Tomato,
Black & White Pudding, Mushrooms,
Free Range Egg – served Scrambled,
Poached or Fried

1-3-7 Barley/wheat (n)

Fluffy Pancakes

American Style Pancakes
with Maple Syrup, Berries & Fresh Cream

1-3-7 wheat (v) (n)

Spillane's Organic

Smoked Salmon Eggs Benedict

Poached Free Range Egg,
Spinach, Hollandaise Sauce, Muffin

1-3-4-7 wheat (c) (n)

The Ross Omelette

Mary's Spinach, Red Onion
& Slow Roasted Tomatoes

VEGAN BREAKFAST

To Begin

Soy Yoghurt & Homemade Granola

Vegan Platter

Flat Cap Mushroom, Grilled Tomato,
Vegan Halloumi, Spinach, Red Onion
& Beetroot Marmalade with
Tomato & Pepper Relish

Suppliers: Eggs: Ardfert Dairy Free Range Eggs
Meat & Poultry: Tim Jones Butcher -
All our meat is Irish & local where possible
Fish: Spillane's Seafood
Vegetables & Fruit: Austin Healy Fruit Salad Listowel,
Little Black Hill Farm, Eve's Leaves, O'Sheas Fruit & Veg
Bread: Real Bread Killarney
Yoghurt: Dingle Creamery

Allergens:
(c) coeliac adaptable
(please advise your server)
(g) gluten free
(n) contains traces of nuts
(v) vegetarian