

Allergan Advice

Substances or products causing allergies or intolerances as listed in Annex II of Regulation (EU) No 1169/2011

1. Cereals containing gluten.
2. Crustaceans and products thereof. (Crabs, lobsters, crayfish, shrimp, krill and barnacles)
3. Eggs and products thereof.
4. Fish and products thereof.
5. Peanuts and products thereof.
6. Soybeans and products thereof.
7. Milk and products thereof (including lactose).
8. Nuts.
9. Celery and products thereof.
10. Mustard and products thereof.
11. Sesame seeds and products thereof.
12. Sulphur dioxide and sulphites .
13. Lupin and products thereof. (Same plant family as peanuts)
14. Molluscs and products thereof. (Mussels, oysters, winkles, and scallops)



**RHU GLENN
HOTEL**

Breakfast Menu

Served Daily from 7.30 am

Live Entertainment Every Saturday

Night

Menu 1

Selection of Fruit Juices
Choice of Cereals
Eggs- Poached, Boiled or
Scrambled
Soda Brown Bread
Toast
Tea/Coffee
€9.50

Contains: 1, 3

Menu 2

Selection of Fruit Juice
Choice of Cereals
Full Irish Breakfast
(Bacon, Egg, Sausage, Black
& White Pudding, Tomato and
Mushrooms)
Soda Brown Bread
Toast
Tea/Coffee
€10.95

Contains: 1, 3, 7, 10

Kiddies

Fruit Juice
Cereal
Bacon, Egg, Sausage
Contains: 1, 3, 7
Or
Beans on Toast
Milk/Hot Chocolate
€6.50

Contains: 1, 7, 3

Beverages

Tea- €2.00
Coffee- €2.00
Cappuccino/ Latte-€3.00
Hot Chocolate- €2.00

A La Carte

Selection of Fruit Juices -
€2.50
Choice of Cereals- **€2.50**
Porridge- **€2.50**
Fresh Fruit Salad -**€2.50**
Choice of Yogurts- **€2.00**
Grape Fruit Segments-**€2.00**
Ham & Cheese Plate- **€5.00**

Contains: 1, 7, 8, 12

From the Griddle

Bacon, Egg, Sausage, Black
& White Pudding, Tomato
and Mushrooms
Contains: 1, 3, 7, 10
€9.00

Grilled Smoked Kipper
€8.50

Contains: 4

The Egg Pot

Boiled, Scrambled or
Poached on Toast. Contains:
1, 3, 7
€6.50

Beans on Toast Contains: 1
€6.00

Tea/ Coffee and Toast
Contains: 1, 7
€4.50

Tea/ Coffee and Scone
Contains: 1, 7
€5.00

All above are served with brown soda bread and
toast, selection of jams and marmalade

Tea/Coffee