

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)

✓ *Large Air Conditioned Conference
& Function Facilities*

✓ *Wheelchair Accessible*

✓ *Ample Free Parking for Cars
& Coaches*

*Alive with the sound of Live
Entertainment Every Saturday*

*Come and enjoy the peaceful
surroundings of
The rural area*



**RHU GLENN
HOTEL**

Breakfast Menu

Served Daily from 7.30 am



Menu 1

Selection of Fruit Juices

Choice of Cereals

Eggs- Poached, Boiled or Scrambled

Soda Brown Bread

Toast

Tea/Coffee

€8.50

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

€9.95

Contains: 1, 3, 7, 10

Kiddies

Fruit Juice

Cereal

Menu 1

Or

Beans on Toast

Milk/Hot Chocolate

Contains: 1, 7

€5.95

Beverages

Tea- €2.00

Coffee- €2.00

Cappuccino/ Latte -€3.00

Hot Chocolate-€2.00

A La Carte

Selection of Fruit Juices -€1.75

Choice of Cereals- €1.95

Porridge- €2.50

Fresh Fruit Salad -€2.50

Choice of Yogurts- €1.70

Grape Fruit Segments-€1.70

Contains: 1, 7

From the Griddle

*Bacon, Egg, Sausage, Black & White
Pudding, Tomato and Mushrooms*

Contains: 1, 3, 7, 10

€8.00

Grilled Smoked Kipper

€7.95

Contains: 4

The Egg Pot

Boiled, Scrambled or Poached on Toast.

Contains: 1, 3

€6.00

Beans on Toast. Contains: 1

€5.20

Tea/ Coffee and Toast. Contains: 1

€4.00

Tea/ Coffee and Scone.

Contains: 1, 7

€4.00

*All above are served with brown soda
bread and toast, selection of jams and
marmalade
Tea/Coffee*