



Ghan House, Carlingford

BREAKFAST MENU

€17.50 per person non residents

Tea/coffee ~ We also have a selection of herbal teas

Help yourself to;

Freshly squeezed orange juice

Fresh cut grapefruit

Prunes simmered in red wine with cinnamon

Joyce's homemade preserves

Dried apricots & figs soaked overnight in white wine & star anise

Selection of cereals & coeliac friendly cereals

Irish cheeses

Natural yoghurt

Homemade wheaten bread

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Cooked to order;

Poached kipper with butter

- or -

Free range scrambled egg with Irish smoked salmon

- or -

Free range egg/s – poached or boiled

- or -

Ghan House Fry;

*Local Cooley sausage, bacon, Kelly's black & white pudding,
free range fried egg, tomato & mushrooms*

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Our jams (approx 6) & homemade marmalade are made by proprietor Joyce Carroll

For list of allergens, please see introductory page, on main restaurant menu in entrance hall or talk to us!

In addition we have;

- Gluten free sausages, gluten free bread**
- Quinoa pudding & polenta galette – gluten free, veggie & vegan**

Ghan House, Carlingford, Co. Louth, Ireland. www.ghanhouse.com +353 (0)42 937 3682

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BROWN BREAD

JOYCE'S HOMEMADE MUESLI

Ingredients:-

3 pints milk
1 pint cream
400g oats (toast in oven)
50g sunflower seeds (toast in oven)
50g pumpkin seeds (toast in oven)
160g figs, finely chopped
160g apricots, finely chopped
160g dates, finely chopped
75g pecan nuts, finely chopped

- all of the above can be prepared in advance

3 tbsp honey
2 grated apples, with skin on
2 grated pears, with skin on

Add to daily mix – the mixture will discolour if kept with the fruit in it for more than 24hrs

Ingredients:-

875g wholemeal flour
500g T45 flour
150g brown sugar
37.5g bread soda/bicarbonate of soda

4 ½ eggs
1.25 litres buttermilk
227g melted butter

Method:-

Mix all the dry ingredients together. Add the buttermilk and eggs then finish by mixing the melted butter.

Mix well in a bread tin.

Sprinkle the top with a mix of seeds: pumpkin / sesame / poppy / sunflower.

Bake at 160c for 1 ½ hrs.

NB. On removal from oven immediately place on a rack and wrap in a clean cloth to keep the moisture in.

PRUNES

Cover prunes in ½ red wine ½ water over night with 1 piece of cinnamon. Next day heat slowly, and simmer (not boil) for 15mins.

APRICOTS

Cover dried apricots with ½ white wine ½ water and soak overnight with 1 star anise. Next day heat slowly and simmer for 15mins.

NB. The dried fruit will swell overnight so cover + 1inch liquid.

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