#### PEMBROKE TOWNHOUSE

#### From the Continental Buffet

Continental Breakfast: €10

# Please check our Sideboard and help yourself! ...and we will bring a hot beverage of your choice and some toast

"Go on, Go on" - have a 'cuppa' to refresh you...
Freshly Brewed Coffee, Decaffeinated Coffee
Pembroke's Own Blend Hot Chocolate with Marshmallows
'Lyons Gold Blend' Irish Breakfast Tea, Decaffeinated Tea
Herbal Teas: Camomile, Peppermint, Fruit, Earl Grey, Green Tea
'Health Kick' - Citrus Hot Water with Fresh Ginger

Cold milk is served with all beverages - but hot milk is available on
request (with a little wait)

OR: Treat yourself to a snipe of chilled Prosecco @ €9.95

#### On the Sideboard....

#### Liquid Breakfast to start your day -

Orange Juice, Cranberry Juice, Filtered Water
Check out our Herb Infused Water to refresh you ...varies with the seasons: Cucumber and Lemon, Lime and Basil ...

## Stay healthy with some Cereals, Fruit, Yoghurt....

Cornflakes, Weetabix
Pembroke Crunchy Granola, Our House Muesli blend
Fresh Fruit Bowl
Stewed / Poached Fruit of the Season
Creamy Probiotic Natural Yoghurt, Pembroke Fruit Yoghurt

## Try some of Chef Lyn's Goodies baked in our House -

Homemade Brown Soda Bread, Freshly Baked Scones
Other goodies of the day (varies)... Banana Bread, Yoghurt Loaf,
Granny Lily's Coffee and Walnut Cakes, Marmalade Muffins
.....you may prefer these toasted!
Gluten Free Bread can be arranged in advance

Irish Butter, Honey, Homemade Citrus Marmalade....and homemade Preserves. Nut butter. Chocolate Spread.

Red Cheddar Cheese available from the kitchen on request

#### **Hot From the Kitchen**

Breakfast to include any hot items: €15

# Please help yourself to the Continental Selection, and we will take your order to freshly prepare your choice...

All hot dishes are cooked to order, so may require a little wait, especially during peak times

### The "Fry up!" ...traditional home cooked Full Irish Breakfast

Loughnane's Irish Bacon, Sausages and Black & White Pudding, Pembroke Potato Cake, Fried Mushroom, Grilled Cherry Tomato AND: Free Range Eggs freshly cooked to your liking – Fried, Poached, Boiled or Scrambled

## Fill up until lunch with an Omelette served 'Plain' OR: add -

Choose from: Irish Bacon, Sausage, Tomato, Onion, Mushroom, Red Cheddar Cheese Egg white Omelette available on request

# Our "Cosy" Free-Range Boiled Egg

..served with Chunky "Soldiers"

## The "Veggie Works"

Free range Egg (of your choice), Grilled Tomato, Fried Mushroom, Homemade Potato Cake and Pembroke's own Baked Beans

## Mushrooms on Toast – by Fiona

Fried Mushroom with Blue Cheese and Thyme, on Toasted Granary Bread

## The Classic Hangover Cure

Toasted Bacon 'Butty' (sandwich) with House Tomato Relish

## "Fishy" Option

Smoked Salmon and Poached Egg on Toasted Soda Bread, Dill Dressing

## **Danny's Favourite! - Pembroke French Toast**

Our Delicious French Toast, served 'Plain' <u>OR</u> with: Irish Bacon with Maple Syrup <u>OR</u>: Seasonal Fruit and Creamy Yoghurt

## Flahavan's Porridge

We like to make it with - 1/2 Full Fat Milk and 1/2 Water ...

If your prefer it differently, please let us know.

Enjoy it "Plain" OR tastes even better accompanied by:

Choose from: Baileys Cream Liqueur with Fresh Banana

OR: Fruit Compote and Natural Yoghurt

### We hope you enjoyed your breakfast!

#### The details...

We really LOVE food at Pembroke Townhouse and we make and bake everything where possible right here! You are welcome to bring home any of our recipes, please just ask! Menu for Little 'uns also available and 'Breakfast on the Run'!

Our Bacon, Sausages and Pudding hail from Loughnane's Craft Butchers in Co. Galway and Irish Salmon is smoked in Hanlon's Smokehouse in Dublin. Our probiotic Yoghurt comes from the "Tipperary Cheese Company" in Co. Tipperary. Eggs are Free Range and hail from Co. Monaghan. All fruit is seasonal and Irish where possible, some we even pick ourselves in Co. Wicklow (Blackberries, Elderberries)!! Fresh herbs have travelled the shortest journey to us, from our garden patio!

For any dietary requests, please ask us and we will do our best to help. Advance notice would help us to source what we need for you. For any information on allergen content in dishes, please ask us. Also, vegetarian/vegan menu available on request.

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