

2017

## Ballymaloe House Restaurant Sample Breakfast Menu 2017

Ballymaloe House

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*From our buffet*

*Fresh Orange Juice or Grapefruit Juice*

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*Breakfast Fruit Salad*

*(Prunes, Apricots, Bananas and Raisins)*

*Compôte of Seasonal Fruit*

*Fresh Natural Yoghurt from the Cookery School Farm*

*Labneh with Local Honey and Pistachio Nuts*

*Ballymaloe Nut and Grain Muesli*

*Fresh Fruit Muesli*

*Homemade Granola*

*Porridge from Macroom Stoneground Oatmeal*

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*A Selection of Breads from our Kitchen*

*Gluten Free Bread available on request*

*Local Honey*

*Seville Orange Marmalade*

*Jam made from our Garden Fruit*

*Organic Unpasturised Cream & Butter from the Farm*

*From our kitchen*

*Crowe's Rashers, Jack McCarthy's Sausages,  
Mushrooms and Tomatoes,  
Roscarberry Black and White Pudding  
Ballymaloe Free Range Eggs,  
~ Boiled, Poached, Scrambled or Fried*

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*Seasonal Omelette*

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*Crêpes with Sugar & Lemon*

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*Sally Barnes' Kippers*

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*Fresh Fish from Ballycotton when available*

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*Fresh Herbal Teas when available, Mint, Lemon  
Verbena, Lemon Balm*

*Green Tea*

*Barry's Breakfast Tea*

*Earl Grey Tea*

*Coffee\**

*\*Our coffee comes from The Golden Bean coffee roaster on the  
farm. The beans come from single estates in South America.*