

FROM THE BREAKFAST BAR

Cold Breakfast

Selection of Cereals, Pembroke Homemade
Granola & Pembroke Muesli Blend
Fresh Fruit Bowl
Stewed/Poached Fruit of the Season
Creamy Probiotic Natural Yoghurt
Pembroke Fruit Yoghurt
Selection of Sliced Meats & Cheeses

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Breads

Homemade Brown Soda Bread
Freshly Baked Scones
Banana Bread
Yoghurt Loaf
(Gluten Free Bread is Available Upon Request)

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Spreads

Honey
Homemade Citrus Marmalade
Homemade Preserves
Peanut Butter
Chocolate Spread

FROM THE KITCHEN

Pembroke Townhouse Full Irish

Loughnane's Irish Bacon, Sausages, Black & White Pudding,
Pembroke Potato Cake, Fried Mushroom, Grilled Cherry
Tomato, Free Range Eggs freshly cooked to your liking

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Omelette

Served 'Plain' or choose from: Irish Bacon, Sausage,
Tomato, Onion, Mushroom, Red Cheddar Cheese
(Egg White Omelette available on request)

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Free Range Boiled Egg

Served with Chunky 'Soldiers'

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Vegetarian Breakfast

Free Range Egg, Grilled Tomato, Fried Mushroom,
Homemade Potato Cake & Pembroke's own Baked Beans

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Avocado Toast

Crushed Avocado on Sourdough Toast with Grilled Cherry
Tomatoes & Rocket Leaves
Add Poached Egg, Pembroke's own Baked Beans or Fried
Mushrooms

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"Fishy" Option

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

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Pembroke French Toast

Made with Brioche Bread, served with Irish Bacon & Maple
Syrup or Seasonal Fruit & Natural Yoghurt

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Flahavan's Porridge

Enjoy it 'Plain' or with Baileys Cream Liqueur with Fresh
Banana or Fruit Compote & Natural Yoghurt

We are passionate about good food, and we're proud to work with some of Ireland's best small food producers. We make and bake our own breads, scones, pastries and jams right here, with fresh locally sourced ingredients wherever possible.

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Our Bacon, Sausages and Pudding are from Loughnane's Craft Butchers in Co. Galway

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Our Irish Salmon is smoked in Hanlon's Smokehouse in Dublin

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Our probiotic Yoghurt comes from the "Tipperary Cheese Company" in Co. Tipperary

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Our Free Range Eggs are from Co. Monaghan

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All fruit is seasonal and Irish where possible. Some, like our blackberries and elderberries we pick ourselves in Co. Wicklow

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Our fresh herbs have made the short journey from our garden patio!

For any dietary requests or allergen content, please ask us.

Good morning! Please help yourself to the breakfast bar... and we will bring a hot beverage of your choice and some toast. See the following page for our freshly cooked breakfast options.

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Hot Drinks

- Java Freshly Brewed Coffee
- Decaffeinated Coffee
- Pembroke's Hot Chocolate Blend
- Lyons Gold Blend Irish Breakfast Tea
- Decaffeinated Tea
- Herbal Teas – Chamomile, Peppermint, Fruit, Earl Grey, Green Tea
- Health Kick' – Citrus Hot Water with Fresh Ginger

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Juices

- Orange Juice
- Apple Juice
- Cranberry Juice

Menu for Little 'uns also available.
Ask us for 'Breakfast on the Run' if you're in a rush!