



Allergens, products thereof

1 Peanuts 2 Milk 3 Shellfish 4 Sulphites 5 Nuts 5a Almonds 5b Walnuts 5c Pine nut
5d Cashew 5e Brazil nuts 5f Macadamia nuts 5g Pistachio 5h Coconut 5i Hazelnuts
6 Eggs 7 Soy 8 Sesame 9 Fish 10 Gluten 10a Wheat 10b Oats 10c Barley 10d Rye
11 Mustard 12 Celery 13 Molluscs 14 Lupin

MCT - May Contain Traces

Guests who have breakfast included in their rate can enjoy the buffet breakfast or order one a la carte dish from the menu. Hot drinks and toast are free-flowing and included in the inclusive price. Non-inclusive guests should pay for breakfast consumed.



Breakfast

CROWNE PLAZA®

— BY IHG —

Dublin Blanchardstown

FRUIT JUICES

100% Freshly squeezed orange juice
100% Freshly pressed apple juice
Cranberry
Grapefruit
Pineapple

SELECTION OF NUTS, SEEDS, DRIED FRUIT

Dried banana (4,5f)
Dried apricots (4)
Golden raisins (MCT 4, 5, 8)
Raisins (MCT 4, 5, 8)
Hazelnuts (5h MCT 1, 4, 7, 8, 10)
Flaked almonds (5a)
Walnuts (5, MCT 8)
Sunflower seeds
Pumpkin seeds (MCT 4, 5, 7, 8, 10)

SELECTION OF CEREALS

Kellogg's Special K (10a, 10c)
Kellogg's Cornflakes (10a, 10c)
Kellogg's Rice Krispies (10a, 10c)
Kellogg's Bran Flakes (10a, 10c)
Kellogg's Coco Pops (10a, 10c)
Weetabix (10a, 10c)
Homemade Muesli (1, MCT5, 2, 7, 8, 10a, 10b)

FROM THE BAKERY

Butter croissants (2, 6, 10a, MCT 5, 7)
Mini Danish selection (2, 6, 10a, MCT 5, 7)
Mini pain-au-chocolate (2, 6, 10a, MCT 5, 7)
Homemade muffin of the day (2, MCT 5, 6, 7, 10a)
Homemade brown soda bread (2, 6, 10a, 10b, 10d)
Country loaves (2, 6, MCT 9, 10a, 10b, 10c, 10d)
Bread rolls (2, 6, 9, 10a, 10b, 10c, 10d)
Sliced brown and white loaf (7, 10a)

YOGHURT OPTION

Greek style yoghurt (2)
Unsweetened natural yoghurt (2)
Selection of full & low-fat fruit yoghurts (see individual tubs)

CHARCUTERIE BOARD SELECTION

Sliced ham
Sliced turkey
Salami (2, 4)
Spicy salami (4)
Irish cheese (2 MCT 5)
Smoked cheese (2 MCT 5)
Smoked salmon (9)
Boiled egg (6)
*These products may vary, due to seasonality
(allergen information provided beside products)*

FRESH FRUITS

Watermelon
Duo of melon
Pineapple pieces
Stewed prunes (4)
Stewed apricots (4)
Ruby grapefruit segments
Peach slices
Pear halves
Mandarin segments (4)
Fresh fruit compote (4)
*These products may vary, due to seasonality
(allergen information will be provided beside products)*

FROM OUR HOT BUFFET

Grilled back bacon
Pork sausages (4, 7, 10a, 11)
Black pudding (4, 10a, 10b, 10c MCT 11)
White pudding (4, 10a, 10b, 10c MCT 11)
Grilled tomato
Kerrigan's flat mushroom
Batchelors baked beans
Aviko hash browns
Scrambled egg (2, 6)

MORNING SPECIALS

Buttermilk pancakes & syrup (2,6, 10a)
Belgian waffles (2, 6 10a)
Flahavan's porridge oats (2, 6 ,10a)

COOKED TO ORDER

Grilled kippers, rocket, lemon (9)
Anchovies, sliced sour dough, capers, garlic mayo (2, 6, 9, 11)
3 egg omelettes - choice of onions, mushrooms, ham, peppers (2, 4, 6)
Fried egg (6)
Poached egg (6)
Please order with your server and allow 10-15 minutes

VEGAN OPTIONS *Please order with your server and allow 10-15 minutes for cooked items*

Vegan soya yoghurts (7)
Vegan Flahavan's oats, berry compote, fresh fruit (7, 10a)
Vegan Danish pastry (10a, MCT 5, 7, 8)
Vegan stack
Peppery rocket, sun dried tomato, grilled tofu, vegan cheese (7, 8, 11)
Vegan cooked breakfast
Vegan sausage, Aviko hash brown, Kerrigan's flat mushroom, baked beans, grilled tomato (4, 7, 8 10a, 11, 12)

GLUTEN FREE *Please order with your server and allow 10-15 minutes for cooked items*

Gluten free bread (2, 7)
Gluten free pastry (2, 7 MCT 5)
Gluten free porridge, berry compote, fresh fruit (4 MCT 5)
Gluten free cooked breakfast
Gluten free sausage, grilled tomato, Kerrigan's flat mushroom, grilled back bacon, Aviko hash brown (s 4, 7, 11, 12)

HOT & COLD BEVERAGES

Regular or decaffeinated coffee
Cappuccino (2)
Café latté (2)
Espresso
Mocha (2)
Macchiato (2)
Hot chocolate (2)
Irish breakfast tea
Decaffeinated tea
Earl grey tea
Selection of herbal teas
Skimmed milk (2)
Soya milk (7)
Almond milk (5a)
Oat milk (10b)