



GREGANS CASTLE  
HOTEL

**Breakfast Menu**

**Served from 8.00am to 10.00am**

**Irish Breakfast**

Sausage, Bacon, Black Pudding, Hashbrown, Shimeji Mushrooms, Tomato,  
Poached Eggs

**Gregans Shakshuka**

Courgette & Chickpeas in a Red Pepper & Tomato Sauce  
Kale & Spinach, Poached Eggs, Sour Cream

**Eggs Benedict**

Toasted Muffin, Roasted Ham, Hollandaise Sauce with Sumac, Poached Eggs

**Eggs Royale**

Toasted Muffin, Smoked Salmon, Hollandaise Sauce with Sumac, Poached Eggs

**Eggs Florentine**

Toasted Muffin, Kale & Spinach, Poached Eggs,  
Hollandaise Sauce with Sumac

**Vanilla Oat Pancakes**

Berry Compote, Whipped Cream, Orchard Syrup

**Irish Porridge**

Burren Honey & Whisky-Soaked Golden Raisins

**Please help yourself from our cold buffet**

**Organic Solaris Teas:** Black Assam; Earl Grey; Green, Chamomile; Peppermint,  
Gregans Tea (Chamomile, Fennel, Cinnamon, Lemon Verbena, Rose, Lavender)

***Where possible we source as much of our produce as possible from the local area.***

*Bacon comes from Pat O'Connor's of Limerick.*

*Sausages come from McCarthy's of Kanturk*

*Black Pudding comes from Inch House, Tipperary.*

*The Hen's Eggs are free range from Moyhill Farm, Clare.*

*The Ham is from Pat O'Connor's of Limerick and cooked & glazed in-house.*

*The Orchard Syrup is organic from Highbank Orchards, Kilkenny.*

*Our Jams, Marmalade & Chutneys are made by our Chefs.*

*The Cheese is a selection of Irish artisanal producers.*

*The organic Smoked Salmon is from Connemara Smokehouse, Galway.*

*The Teas are organic and blended by Solaris Botanicals. Galway.*

*The Coffee is roasted in the Burren by Anam Coffee.*

*Brown Treacle, Banana & Soda Breads are made in house.*

*The Honey is organic from Frank Benson's hives here in Ballyvaughan.*

*Irish Charcuterie is from Gubbeen Farmhouse, West Cork*

*The allergen menu is available upon request.*