

THE OLD BANK



Understated Luxury & Elegance



“ Good Morning ”

“ Dia Dhuit An Maidin ”

The Old Bank

Breakfast Menu

The Irish Language is most frequently spoken in the west of Ireland and is the first Language of many people living in that area known as “ An Ghaeltach”. Simple Greetings and sayings are very common everywhere and of course the Irish toast “**Slainte**” is understood by all, as is our Irish Welcome “ **Failte**”

Should you have any Dietary requirements, please let us know, As a mother of a Coeliac child & a child sensitivity to Lactose, we have alternatives to choose from.

A Vegan menu is available on request. -© - Gluten Free on Request - D – Dairy free on Request

1. Gluten 2. Peanuts 3. Soya 4. Molluscs 5. Celery 6. Lupins 7. Eggs 8. Lactose 9. Nuts 10. Sesame 11. Crustaceans 12. Sulphites 13. Fish 14. Mustard

We handle multiple food allergen ingredients in our kitchen and while we make effort to prevent cross contamination during prep and service we cannot guarantee the complete absence of allergens. If you suffer from severe food allergies, please let your server know and we can discuss further requirements.

To Drink

Choice of Tea's - Irish breakfast tea, Earl Grey, Camomile, Peppermint & Fruits Teas

Coffee - French pressed Coffee, Cappuccino, Latte and Espresso
- Hot Chocolate

Juices - Orange Juice, Apple Juice

- Milk⁽⁸⁾ & Chilled water

Fruits - Fresh fruit salad, Dried fruits

Yogurts - Natural ⁽⁸⁾ & a selection of fruit yogurts^(3,8)

Cereals - Corn flakes⁽¹⁾, Muesli^(9,10), Weetabix⁽¹⁾, Special K⁽¹⁾

Gluten free cereals available on request

Bakery Selection *Gluten free selection available from the kitchen on request*

- White & Brown wholegrain toast ^(1,3)

- Selection of Fresh Baked Muffins ^(1,7,8,9)

- Raspberry & Chocolate

- Blueberry

- Chocolate chip

- Apple & Cinnamon

- Banana, Muesli & Honey

- Mini Croissants, Mini Danish, Pain Au Chocolate ^(1,6,7,8,9)

- Fruit scones ^(1,6,7)

Spreads - Strawberry, Blackcurrant, Marmalade Jams, Chocolate Spread ^(3,8,9) & Butter⁽⁸⁾

Please ask your Server for one of the following

The Full Irish (7) (3.12) (1.3.12) (1.6.12.14) (3.)

– Egg, 2 bacon, 2 sausages, © white & black pudding, fried tomato & beans.

The Mini Irish (7) (3.12) (1.3.12) (1.6.12.14) (3)

–Egg, 1 bacon, 1 sausage©, white & black pudding, fried tomato & beans.

The Healthy Irish (7) (3.12) (1.3.6.12) (3)

– Egg, 2 bacon), Hash browns, fried tomato & beans.

Lovely Eggs

- Scrambled (3,8) Or Fried (3)

-2 Bacon & fried tomato (3.12)

-2 sausages © & fried tomato (1.3.12)

- 2 Hash browns beans & fried tomato (1.3.6.12), (3.)

- Salmon Slices & fried tomato (13.)

- Poached Egg on a English muffin (3) (1.3,6)

- Bacon, Hollandaise sauce & fried tomato (3.12) (7,8)

- Bacon, Ballymaloe relish & fried tomato (3.12), (12.14)

- Cream Cheese, Salmon slices & fried tomato (8), (13)

- Poached Egg, Hollandaise Sauce with Avocado & tomato on Sour dough bread (3) (7.8) (1.6)

- 2 Boiled Eggs (3)

Pancakes (1.6,7,8) © & (D) on request

- Traditional Irish lemon & sugar

-Maple syrup, Bacon, banana & cream (3.12), (8)

- Raspberries, Blueberries, chocolate, raspberries sauce & cream (3.8.9), (8)

French Toast (1.6.8) © & (D) on Request

-Bacon, Maple syrup & cinnamon (3.12)

- Raspberries, Blueberries, chocolate, raspberries sauce & cream (3.8.9) (8)

Smoothies -Mixed Fruit, natural yogurt (8), orange juice & honey



All our Meat come from my Husband Pat's Farm to your Fork and is prepared at his Butcher shop in Croom.

Vegan Breakfast Menu

- Teas* - Irish breakfast tea, Earl Grey, Camomile, Peppermint & Fruits Teas
- Coffee* - French pressed Coffee
- Juices* - Orange Juice, Apple Juice
- Soya Milk (3) & Chilled water
- Fruits* - Fresh fruit salad, Dried fruits
- Yogurts* - selection of Alpro fruit yogurts (4)
- Cereals* - Corn flakes⁽¹⁾, Muesli⁽¹⁾, Weetabix (1), Special K (1)
- Porridge (1) served with a choice of Banana, Blueberries, Dried fruits Maple Syrup or Peanut butter (2)
- Bakery Selection* -Sourdough Bread or Bagel (1.6)
- Spreads* - Strawberry, Marmalade Jams, Chocolate Spread (3.8.9) & Plant based Butter.(3)

Hot Dishes

The Vegan Breakfast

- 2 Vegan Sausages (1.3), 2 Hash Browns, (1.3.6) Beans (3) & Tomatoes

Pancakes (Egg Free) ^(1, 6)

- Lemon & sugar
- Banana & Maple Syrup
- Raspberries, Blueberries with Chocolate (3.8.9.) & Raspberry sauce

Avocado, Tomato & Onion salsa - served on Sourdough bread (1.6.) or 2 Hash Browns (1.3.6)

Apple & Peanut butter ⁽³⁾ *Toasted Bagel* ^(1, 6.)

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*☘ Ireland can't be seen alone by our cities but in its country
side among its people. ☘*

These are my recommendation, please make sure there on your list and do ask me any questions you may have.

Welcome to my Area – **Ballyhoura** (bally-how-are-u) **Country**. Here you will traverse a landscape rich in Geology, Archaeology and wildlife. Ballyhoura country offers spectacular walking in Ancient and unspoilt areas of east Limerick and north Cork and accounts for 10% of Irelands national looped walks, has Europe's largest mountain bike park and is one of four road cycling hubs in Ireland.

Bruff is situated in the beautiful Golden Vale & Lough Gur district. One such famous emigrant born in Bruff in 1823 was **Thomas Fitzgerald Great grandfather to JFK** on his mother's side. He was a farmer and lived in a rural part of the parish. The Thomas Fitzgerald Centre, formerly the old Courthouse was officially dedicated in memory of Thomas Fitzgerald on the 21st of June 2013 by Caroline Kennedy, daughter of President John Fitzgerald Kennedy. Every generation of the Fitzgerald Kennedy family have visited their ancestral home in Bruff. The Centre now displays an array of photographs, including some from the visit of President John Fitzgerald Kennedy to Ireland in 1963, the visit of Caroline Kennedy to Bruff in 2013, and also includes photographs of various members of the Fitzgerald Kennedy Family. The Centre is also home to a hand painted mural depicting the Fitzgerald family tree, the only one of its type in the world.

Old Irish Ways – Tells the story from 1900's with Denis extensive exhibits through the times.

Lough Gur is at the heart of a remarkable archaeological landscape featuring sites that represent every major period of human history in Ireland. Physical evidence of occupation from the Neolithic, Bronze Age, Iron Age, Early Christian, Medieval, Early Modern and Modern eras has been found in the immediate vicinity. It is home to Ireland's largest and oldest stone circle. At one point in time it was also home to the largest concentration of Giant Irish Deer in Europe. Lough Gur has breath taking scenery along with a fairy trail and tree trail for younger and young at heart visitors. The Heritage Centre at Lough Gur displays the rich heritage of Lough Gur through interactive multimedia exhibitions that brings to life over 6,000 of archaeology and history. Fully trained and qualified guides are also on hand to answer all of your questions.

Limerick – Foynes Flying Boat museum (home to the Irish coffee) Angela's Ashes tour, Hunt museum & King Johns castle.

Clare – Bunratty castle & Folk Park, Craggaunowen, Cliffs of Moher, drive through the Burren

Galway- I love the area out around Clifden – the twelve bends and Kylemore abbey

Tipperary- Rock of Cashel, Holycross abbey, Cahir castle & Swiss cottage & Mitchelstown caves (cork)

Cork- Doneraile Park & House. Kiss the Blarney stone, Cobh- The Titanic Experiences, Spike island, Jameson experiences, English Market

Kerry – Ross Castle, Pony & trap ride to Torc waterfall, Muckross house & gardens, Ladies view, Molls Gap. Dingle Peninsula.