

BREAKFAST MENU PALMERS

PALMERS FULL IRISH – €22.50

DRY-AGED IRISH BACON, PORK & APPLE SAUSAGE, LOUGHNANE'S BLACK & WHITE PUDDING, SLOW-ROASTED VINE TOMATO, SAUTÉED WILD MUSHROOMS, CHORIZO & MOZZARELLA BOXTY, FREE-RANGE EGGS YOUR WAY
(1A, 1D, 3, 7, 10, 12)

STEAK & EGGS – €23.00

CHARGRILLED IRISH SIRLOIN, CONFIT GARLIC BUTTER, CHORIZO & MOZZARELLA BOXTY, POACHED EGGS, WATERCRESS
(3, 7, 12)

TRUFFLE SCRAMBLED EGGS – €15.00

SOFT SCRAMBLED FREE-RANGE EGGS, SOURDOUGH TOAST, SHAVED PARMESAN, BLACK TRUFFLE
(1A, 3, 7, 12)

AVOCADO & POACHED EGGS – €16.00

SMASHED AVOCADO, CHILLI OIL, TOASTED SEEDS, SOURDOUGH, TWO POACHED EGGS
(1A, 3, 11, 12)

PALMERS BREAKFAST BUN – €14.00

BRIOCHE BUN, SAUSAGE, STREAKY BACON, FRIED EGG, CHEDDAR, HOUSE RELISH, CRISP BABY POTATOES
(1A, 3, 7, 10)

WILD MUSHROOM & SPINACH TOAST – €15.00

WILD MUSHROOMS, WILD GARLIC BUTTER, SPINACH, TOASTED SOURDOUGH, SOFT POACHED EGG
(1A, 3, 7, 12)

GLENLO ABBEY HOTEL & ESTATE IS PLEASED TO WORK WITH THE FOLLOWING LOCAL FOOD SUPPLIERS -
MARY'S FISH SHOP, CORRIB FREE RANGE EGGS, BURKE'S FRUIT & VEGETABLES, SYSCO, MOYCULLEN SEAFOODS,
DOLE, ANDARL FARM, ARAN ISLAND GOAT'S CHEESE, LA ROUSSE FOODS

ALLERGENS

1 CEREALS CONTAINING GLUTEN - 1A WHEAT - 1B RYE - 1C BARLEY - 1D OATS - 2 CRUSTACEANS - 3 EGGS - 4 FISH - 5 PEANUTS - 6 SOYA - 7 MILK - 8 NUTS - 8A ALMOND
8B HAZELNUT - 8C WALNUT - 8D CASHEWS - 8E PECAN NUTS - 8F BRAZIL NUTS - 8G PISTACHIO - 8H MACADAMIA - 8I PINENUTS - 9 CELERY - 10 MUSTARD -
11 SESAME SEEDS
12 SULPHUR DIOXIDE & SULPHITES - 13 LUPIN - 14 MOLLUSKS