

# T O A S T

At T O A S T our aim is to ensure each guest receives professional, friendly & courteous service. To provide locally sourced, nutritional & well prepared meals, taking into account the seasonality of the product. To be exceptional in attention to every detail.

## The T O A S T Buffet €20.00

### Hot Buffet

Maple cured & Smoked Streaky Bacon  
Irish Pork Sausages  
Award winning Black & White pudding  
*from O'Mahoney Craft Butchers*  
Annagh's Farm Fried Eggs  
Baked Tomatoes  
Daily Selection of Potatoes  
Riley's Farm Mushrooms  
Annagh's Farm Scramble Eggs  
Baked Beans Prepared to Order  
Special of the Day

### Cereal Selection

Corn Flakes  
Rice Krispies  
Bran Flakes  
Weetabix  
Chef's Home Made Granola  
  
Porridge – *Please ask your server*  
Served with Honey and Mixed Berry Compote  
Made your way, with milk or water,  
or half and half

### Fruits and Cold Buffet

Fresh Sliced Pineapple  
Sliced Melon of the Day  
Halved Grapefruit  
Tea Stewed Prunes  
Low Fat Natural Yoghurt  
Home Made Mixed Berry Compote  
Home Made Mango Coulis  
Fresh Whole Fruit Baskets

### Healthy Accompaniments

Sunflower Seeds, Pumpkin Seeds, Flaked Almonds,  
Whole Hazelnuts, Halved Walnuts, Dried Apricots,  
Dried Cranberries, Dried Papaya, Raisins,  
Banana Chips, Coconut

## Breads & Pastries

Locally Baked Sliced White & Wholemeal Toasting Breads  
Irish Buttermilk Soda Bread  
Daily Speciality Bread – *Please ask your server*  
Butter Croissant  
Pain au Chocolate Croissant  
Almond Croissant

## Meats and Cheeses

Traditional Sliced Irish Ham  
Sliced Chorizo  
Continental Salami  
Serrano Ham  
Irish Sliced Medium Cheddar  
Irish Sliced Emmental  
Irish Brie  
Smoked Applewood Cheese  
Speciality Cheese – *Please ask your server*  
  
Accompanied by sliced tomatoes, cucumber,  
olives & relish

## Juices and Smoothies

Valencia Orange Juice  
Cold pressed Apple Juice  
Cold pressed Grapefruit Juice  
Cranberry Juice  
Citrus Fruit Press  
Detox Water  
Smoothie of the Day – *Please ask your server*

## Gluten Free Section

Corn Flakes, Porridge, Gluten Free Bread,  
Chocolate Muffins, Rice Cakes, Fresh Fruit

## Freshly Brewed Tea & Coffee

Pot of Regular Coffee  
Pot of Breakfast Tea  
Cappuccino  
Latte  
Americano  
Espresso  
Double Espresso  
Hot Chocolate  
Herbal Teas  
Loose Leaf Teas

*If there is something that you would like, but don't see it on our menu – please ask, we will be more than happy to help.  
All our ingredients are locally sourced where possible.*