



THE CLUB

at GOFFS

RISE AND SHINE

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BREAKFAST MENU

7 AM TO 10.30 AM MON - FRI
7.30 AM TO 11 AM SAT - SUN
Non Residents €22

Refreshing Juice

Freshly Squeezed Grapefruit Juice, Freshly Squeezed Orange Juice
Pressed Organic Apple Juice, Smoothie of the Day

Organic Ballymore Oatmeal Porridge

Banana and Maple Syrup
Seasonal Berries, Seeds and Local Honey
Irish Whiskey and Brown Sugar
Walnuts and Golden Raisins

Favourite Cereals

Cornflakes, Rice Krispies, Weetabix, House Muesli, Granola, Gluten Free Corn Flakes

Light Healthy

Melon and Parma Ham with Rocket Salad
Over Night Oats with Super Seeds (vegan)
Natural Yoghurt with Berries, Granola and Honey
Fresh Fruit Salad

The Bakery

Brown or White Toast, House Sourdough, Selection of Pastries
Guinness and Ballymore Organic Oat Brown Bread
Scones, Gluten Free Croissants (on request)

FROM THE KITCHEN

Traditional Irish Grill, Derry Clarke Pork Sausage, Dry Cure Bacon, Black Pudding,
Field Mushroom, Tomato, Hash Brown, Eggs of your Choice
Free Range Eggs Benedict, Spinach, English Muffin, Dry Cured Bacon, Hollandaise Sauce
Free Range Eggs Royale, Smoked Salmon, Spinach, English Muffin, Hollandaise Sauce
Brioche French Toast, Dry Cured Bacon, Maple Syrup
Vegan Sausage Roll, Sautéed Spinach, Field Mushroom, Spinach, Tomato Relish
Smoked Salmon and Avocado and Crème Fraiche
Beef Tomato and Avocado Tartine on Grilled Sourdough
Quinoa Breakfast Bowl, Soft Boiled Egg, Avocado, Cherry Tomatoes

Selection of Teas

Locally Roasted Creed Coffee

Please let us know if you have any allergies or dietary requirements, we're only delighted to help out.
A list of allergens is available on request