

== *LEGENDS* ==

Breakfast Menu



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Freshly Squeezed Orange Juice	€3.00
Wild Berry Fruit Smoothie	€3.50
Passion Fruit & Mango Smoothie	€3.50

Yoghurt	€3.50
Irish Honey and Toasted Almonds	€3.75
Vanilla Berry Compote	€4.25
Granola and Fresh Seasonal Fruits	€4.95

Pancakes or Belgian Waffles	€6.50
Blueberries, Fresh Cream or Yoghurt	
Fresh Cream or Maple Syrup	
Fresh Fruit, Cream or Yoghurt	
Bananas and Nutella	

Toasted Bagel	€2.50
Grilled Tomato and cheese	€4.95
Bacon and cream cheese	€4.95
Poached Eggs and Back Bacon	€5.95
Smoked Salmon and Cream Cheese	€7.50

Toast	€2.50
Brown or White Toast with Marmalade, Jam, Nutella or Peanut Butter	

Porridge & Cream	€4.95
Toasted Pecans and Maple Syrup	
Fresh Fruit and Cream	
Fresh Irish Honey and Sultanas	

Fresh Fruit Salad	€9.50
Fresh Pastries Selection	€3.50
Fresh Fruit Scones	€3.00
Croissant	€3.50

The K Club Golfers Breakfast	€16.50
Grilled Bacon, Sausages, Tomato, Black & White Pudding, Mushrooms, Eggs, Toasts, served with Freshly Squeezed Orange Juice and Tea or Coffee	

Continental Breakfast	€12.50
Croissant with Jam, Fresh Fruit Salad with Cream or Yoghurt, Freshly Squeezed Orange Juice and Tea or Coffee	

Training Low Carb Options (E)

Scrambled Eggs with Smoked Salmon	€14.50
Eggs, Streaky Bacon with Creamed Cheese	€9.50
Omelette of 2 Egg Whites & 1 Yolk	€9.50

Coffees & Teas

Americano Coffee	€3.50
Espresso	€3.50
Double Espresso	€4.00
Cappuccino	€4.00
Pot of Tea per Person	€4.00
Café Latte	€4.00
Herbal Tea	€4.00
Mocha Coffee	€4.00
Hot Chocolate	€4.00

You can have full fat, reduced fat or soya milk.

All coffees are available "To Go"

(E) Educogym Recommendation