**BREAKFAST MENU:**

**€20 .00**

**STARTERS**

**Banana Ginger Smoothie**

Soothe digestion, heartburn, nausea, and other [stomach](http://www.amazon.co.uk/s?url=search-alias%3Daps&field-keywords=stomach) trouble with the fresh ginger in this natural remedy smoothie recipe.

SERVINGS: 2

1 banana, sliced  
¾ c (6 oz) vanilla yogurt  
1 Tbsp honey  
½ tsp freshly grated ginger

**COMBINE** the banana, yogurt, honey, and ginger. Blend until smooth.

**NUTRITION** (*per serving*) *157 cals, 1 g fat, 0.8 g sat fat, 57 mg sodium, 34 g carbs, 28 g sugars, 1.5 g fiber, 5 g protein*

**Green Tea, Blueberry, and Banana**

Antioxidant-rich green tea makes this healthy smoothie a nutritional powerhouse.

SERVINGS: 1

3 Tbsp water  
1 green tea bag  
2 tsp honey  
1½ c frozen blueberries  
½ med banana  
¾ c calcium fortified light vanilla soy milk

1. **MICROWAVE** water on high until steaming hot in a small bowl. Add tea bag and allow to brew 3 minutes. Remove tea bag. Stir honey into tea until it dissolves.

**2. COMBINE**berries, banana, and milk in a blender with ice crushing ability.

**3. ADD**tea to blender. Blend ingredients on ice crush or highest setting until smooth. (Some blenders may require additional water to process the mixture.) Pour smoothie into tall glass and serve

**NUTRITION** (*per serving*) *269 cals, 2.5 g fat, 0.2 g sat fat, 52 mg sodium, 63 g carbs, 38.5 g sugars, 8 g fiber, 3.5 g protein*

Freshly squeezed orange Juice / Grapefruit segments / Stewed Prunes

Choice of Cereals ~ Cornflakes , Rice Crispies, Weetabix, Muesli, Cocopops

**MAIN COURSES**

Home Cooked Traditional Porridge ~ with or without honey

Full Irish Breakfast   
     ~ Bacon, egg, sausage, black and white pudding, grilled tomaotoes  
     ~ Bacon and egg  
     ~ Scrambled / Boiled / Poached Egg on toast

*All of the above is served with Homemade Brown Bread / Toast / Croissant   
plus Tea or Coffee*

*All of our produce is sourced locally and cooked to order under the highest quality standards*