

BREAKFAST MENU

BREAKFAST COCKTAILS

Bloody Mary

Absolut vodka, tomato juice, Tabasco, horseradish, Worchester sauce, black pepper, lemon

Champagne Mimosa

Champagne Laurent-Perrier with freshly squeezed orange juice

Energy

15

20

A caffeine replacement juice to start the day right. Lusk kale, spinach, flat parsley, soy lecithin, beetroot leaves and red gala apple (217 CALORIES)

Multi-Function

THE JUICE BAR

A great all round invigorating juice with the natural sweetness of beetroot, ruby grapefruit and cucumber (213 CALORIES)

Skin Toning

A juice rich in vitamins A, D, E essential to maintain smooth skin. Cox green apple, carrot, fennel, cucumber, avocado and evening primrose oil (213 CALORIES)

Anti-Fatigue

A great tasting juice containing the antiinflammatory properties of spinach, Cox apple, tomato, blueberries and carrots (308 CALORIES)

Antioxidant Rich

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A juice rich with the antioxidant properties of kiwi, strawberry, blueberry and peppermint (180 CALORIES)

Additions

Evening primrose oil, wheat-grass powder, soy lecithin powder, spirulina, psyllium husk, plain juices, beetroot, pineapple, green apple, cantaloupe melon, seasonal fresh berries, carrot, tomatoes

*1 supplement for each addition. Above juices are not included in your breakfast package

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BREAKFAST SIGNATURES Á LA CARTE BEVERAGES

Classic Eggs Benedict	18	Fruit Juices	5
Two poached eggs, sour dough muffin,		Fresh orange juice	
braised Limerick ham, hollandaise		Fresh grapefruit juice Pineapple juice	
		Cranberry juice	
Shelbourne Eggs Benedict	24	Apple juice	
Two poached eggs, sour dough muffin, grilled Irish fillet of beef, hollandaise		Tomato juice	
		Coffee	5.5
Farm Egg Omelette	20	Americano	
Mount Callan cheddar, St. Tola goats		Double espresso	
cheese, Irish farm bacon or ham,		Cappuccino	
mushrooms, peppers, onion, tomato, spinach, smoked salmon,		Latte	
served with hash brown			
		Espresso	4.5
Classic Pancakes	12		
Buttermilk pancakes		Tea Infusions	5.5
& warm maple syrup		Irish breakfast	
		Black chamomile	
Raspberry Pancakes	14	Earl grey	
Raspberry pancakes	••	Peppermint Japan classic	
& warm maple syrup		Jasmine	
		5	
Banana Pancakes	14		
Banana pancakes			
& warm maple syrup			
Shelbourne Pancakes	16		
Buttermilk pancakes,			
grilled Irish bacon, apple			
compote & warm maple syrup			
French Toast	13		
Served with warm maple syrup			
		All prices are VAT inclusive.	
		All of our meat is provided by Irish suppliers.	
*If you are concerned about food allergies e.g. nuts, please seek assistance from your server when selecting menu items		If you are concerned about food or beverage allergies e.g. nuts, wheat etc. you are invited to seek assistance when selecting menu items.	

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