



Ghan House, Carlingford

BREAKFAST MENU

See overleaf on how to make some of the below items.

Tea/coffee

& selection of herbal teas – as displayed

Help yourself to;

The cold breakfast buffet as detailed below, inc homemade jams, marmalades & home baked bread

Help yourself to;

Freshly squeezed orange juice

Individually boxed cereals

Natural yoghurt

Homemade granola & muesli

see overleaf for ingredients

Wicklow brie cheese

& homemade chutney

Apricots

soaked in cardamon syrup & star anise

Prunes

soaked in Earl Grey tea & cinnamon

Pears

soaked in a tumeric syrup with cardamon

Seasonal fruit compote

Milk - Muchgrange farm, near Greenore, non homogenised whole milk - returnable glass bottles

Free range eggs - Annagh's Farm in Knockbridge, near Dundalk

Yoghurt – Clonakilty, west Cork

Fruit for the jams & chutney

Apples & pears from the garden, strawberries & raspberries from Willville Farm near Whitestown & Readypenny Farm, near Ardee – made by 'retired' proprietor Joyce Carroll

For list of allergens, please ask to see allergen sheet or talk to us!

Cooked to order;

Ghan House Irish Breakfast;

sausage, bacon, Kelly's award winning black & white pudding, free range fried egg, tomato, mushrooms & potato bread

Free range egg/s

– poached, boiled, fried or scrambled – with/without Irish smoked salmon

Ghan House Eggs Benedict

Two poached eggs, homemade muffin, grilled bacon, hollandaise

Ghan House Egg Royale

poached egg, homemade muffin, smoked Irish salmon, hollandaise

Porridge – made with organic oats

with Muchgrange whole milk/ oatmilk (vegan/diary free)

Smoked haddock, butter, lemon

Turkish Eggs;

poached eggs with whipped garlic yoghurt, Aleppo pepper butter

Vegan;

potato bread, baked beans, grilled tomato, spicy Korean rice cake, mushrooms

Vegetarian;

Free range fried egg, grilled halloumi, potato bread, grilled tomato, mushrooms, baked beans



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- we're happy if you wish to take a picture of these recipes to try at home!

JOYCE'S HOMEMADE MUESLI

Ingredients:-

400g oats (toast in oven)
50g sunflower seeds (toast in oven)
50g pumpkin seeds (toast in oven)
160g figs, finely chopped
160g apricots, finely chopped
160g dates, finely chopped
75g pecan nuts, finely chopped

- all of the above can be prepared in advance

Then according to taste – add yoghurt, milk, cream, honey, grated apple or grated pear.

Add to daily mix – the mixture will discolour if kept with the fruit in it for more than 24hrs

Ghan House Granola

60ml rapeseed oil,
350g honey – heat up together.

In a bowl;

500g oats
75g sunflower seeds
40g sesame seeds
75g pumpkin seeds
75g chopped hazelnuts
75g chopped cashew nuts
75g flaked almonds

Mix together with honey & oil.

- Cook in oven at 170 °C – mixing & stirring every 7-10 minutes for a total of 20 – 30 mins – until golden brown.
- Allow to cool down & keep mixing it so it doesn't stick together.
- When completely cold – add 75g fried cranberries.

BROWN BREAD;

Ingredients:- (makes 2 x 500g loaves)

300g wholemeal flour
150g plain flour
1 tsp bicarbonate of soda
1 tsp salt
2 eggs
325ml buttermilk
75g melted butter
1tbsp brown sugar

Method:-

*Sieve dry ingredients together
Add sugar & mix well
Stir in butter, eggs & buttermilk to make a loose dough
Allow to rest for 10 minutes
Bake at 200c for 10 minutes then 160c for 40 minutes
Cool on a wire rack
Wrap in a clean cloth until cold*

Joyce's rhubarb & ginger jam;

- 1) Cover 2.5kg rhubarb with 2.5kg sugar & juice of 4 lemons & leave overnight.
- 2) In the morning rapid boil for 15mins with 50g of smashed root ginger wrapped in muslin.

Note; This will spit a lot & needs stirring (or else the pan will burn) so please be careful!
- 3) It should be at a 'setting point' now – gently slopes off back of wooden spoon.
- 4) Chop 200g of crystallised ginger & cook in same pan for 5 mins.
- 5) Allow to cool a little and pour into sterilised jam jars

Ghan House, Carlingford, Co. Louth, Ireland. A91 DXY5

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Mushroom, nut & garden herb patty vegan, dairy free, *not* gluten free

Ingredients;

Mushrooms, nuts, herbs,
tahine (sesame paste),
breadcrumbs, marmite, pepper

Tofu, almond & garden herb patty

Vegan, dairy free, gluten free

Ingredients;

Tofu, millet, almonds, herbs,
shoyu (wheat free soya),
salt, pepper

Chia seeds:

Are an excellent source of omega-3 fatty acids, rich in antioxidants, and they provide fibre, iron and calcium.

Omega-3 fatty acids help raise HDL cholesterol, the “good” cholesterol that protects against heart attack and stroke.

We soak (equivalent to) 2 tablespoon of Chia seeds overnight in 150ml coconut milk.

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