

Let's Start with bubbles and fun!

Prosecco
Mimosa

Crémant
Bloody Mary

Breakfast Served 10.30am-12.00 (*10.30-3.30pm Sunday brunch items)

Continental Tower

Juice, Cereal, Yoghurts, selection of home-made Breads, Pastries, Fruits, home-made Preserves, Butter & Ballineen Cheddar.

Irish Breakfast

Fried Egg, Sausages, Black & White Pudding, Bacon, Grilled Tomato
(Allergens 1,3,5,7,10)

2 Baltimore free-range eggs

Scrambled, Fried or Poached
With Smoked Salmon or grilled bacon
Allergens 1,3,5,7,10)

Eggs Benedict *

Poached eggs with hollandaise sauce
and Bacon on sourdough bread
Allergens 1,3,5,7,10)

Eggs Florentine*

Poached eggs with Hollandaise sauce
& spinach on sourdough bread
Allergens 1,3,5,7,10)

Eggs Royal *

Poached eggs with Hollandaise sauce
& Smoked Salmon
Allergens 1,3,5,7,10)

Poached Eggs with Avocado*

On sourdough Toast and Hollandaise sauce
Allergens 1,3,5,7,10)

3 Free-Range eggs Omelette

With Tomato salsa and cheese
Allergens 1,3,5,7,10)

Lunch

12.30-2.30pm

Soup of the day

With Homemade Bread

French Onion Soup

With Cheese Crouton

(Allergens 1,7)

Rolfs All day Breakfast

Fried egg, sausages, black & white pudding, bacon, grilled tomato & Sauté potatoes

(Allergens 1,3,5,7,10)

Sauté Duck Liver

Served with homemade kefir toast and cranberry sauce

(Allergens 1,5,6,7,10)

Fresh Bantry bay Mussels “Mariniere Style”

(Allergens 1,2,4,5,7,11,13)

Nolan’s Smoked Salmon

Served with red onions, capers and homemade Bread

(Allergens 1,4,7,9)

Fresh Crevettes

Served with Salad and Bloody Mary Sauce

(Allergens 2,3,4,7,11)

King Scallops Salad

Fresh scallops flambé with cognac, and cream sauce.

With rustic bread.

(Allergens 2,3,4,7,11)

½ Doz. Roaring Water Bay Oysters

With lemon, Shallot vinaigrette

(Allergens 2,3,4,7,11)

Sunday Brunch

can have select items from front page.

Fresh Tabbouleh Salad

Couscous, peppers, Onion, cucumber & Fresh mint on garden fresh leaves.
With Goats Cheese

(Allergens (1,12,13))

Spicy Mediterranean Lentils

Lentils, fresh herbs and spices. Grilled Aubergine & Harissa, with a
Yogurt and Pomegranate molasses

(Allergens 9,10,12,13)

Warm Chickpea salad

With rosemary, garlic, and sundried tomato
and Blue Cheese

(Allergens 1,5,7,8,9,10,12,13)

Clonakilty Black pudding with Beetroot apple Salad

Mixed leaves with lime & yoghurt dressing.

(Allergens 1,3,4,5,7,8,9,13)

Warm Chicken Tandoori salad

Marinated chicken skewer on a garden-fresh salad and sweet pepper salsa

(Allergens1,3,5,6,7,8,9,10,13)

Pan-fried Fillet of plaice

With tomato salsa and leaves

(Allergens 9,10,12)

Chicken Schnitzel

Breaded breast of Chicken with garden leaves and Garlic mayonnaise

(Allergens 9,10,12)

Side Orders:

Garlic & Rosemary Potatoes

All Tips are shared to the staff on a weekly basis and divided on a pro rata shift basis.

Please note: we do not cater for allergies however we will do our utmost to cater for your food intolerance.

Allergens: 1 cereals "gluten", 2 crustaceans , 3 Eggs, 4 Fish, 5 peanut, 6 soya bean, 7 milk " lactose", 8 celery, 9 mustard, 10 sesame seed, 11 molluscs, 12 lupin, 13 sulphites, 14 nuts.

Classic Crème Brûlé

with caramel ice cream

(allergens 1,3,5,7)

Gertrud's Dark Swiss chocolate tart

with vanilla ice cream and hot chocolate sauce

(allergens 3,5,7)

Affogato

Espresso coffee, Vanilla Ice-cream and homemade Shortbread

(allergens 1,3,5,7)

Blackforrest Gateaux in style

The real gateaux lots of Kirch

(allergens 3,7)

Espresso Martini Cocktail

Espresso coffee, Tia Maria and vodka

(allergens 7)

Irish/French/Calipso Coffee

Coupe Denmark

Vanilla Ice cream with homemade chocolate sauce

(allergens 7)

Blackforrest Coupe

Vanilla ice cream with hot cherries soaked in kirch wasser

(allergens 7)

Coupe Belgium

Caramel Ice cream, caramel sauce homemade, Belgium waffles

(allergens 3 5 7)

West Cork Strawberry Delight

Vanilla Ice cream with fresh strawberries and strawberry sauce

(seasonal only)

(allergens 7)