



CROWNE PLAZA
HOTELS & RESORTS
AN IHG[®] HOTEL

**Time to wake up
those taste buds.**



CROWNE PLAZA
AN IHG[®] HOTEL
BLANCHARDSTOWN

CROWNEPLAZA.COM

**Mon to Fri: 6.30am-10am
Sat, Sun and Bank Holidays: 7am-11am**

CONTINENTAL SELECTION

€13.50

Chilled Juices

Orange	44 kcal	per 100ml
Apple	55 kcal	per 100ml
Grapefruit	40 kcal	per 100ml
Tomato	104 kcal	per 100ml
Cranberry	55 kcal	per 100ml

Fruits

Sliced water melon & ogen melon	51 kcal	per 100g
Grapefruit segments	60 kcal	per 100g
Orange segments	62.1 kcal	per 100g
Stewed prunes	87 kcal	per 100g
Peach slices	60 kcal	per 100g
Pear halves	57 kcal	per 100g
Fresh fruit salad	85 kcal	per 160g

Nuts & Dried Fruits

Dried banana ④	69.2 kcal	per 20g
Dried apricots ④	48.1 kcal	per 20g
Raisins ④	60 kcal	per 20g
Sunflower seeds	118.3 kcal	per 20g
Pumpkin seeds	89 kcal	per 20g

From the Bakery

Butter croissants ② ⑩	90 kcal	per 25g
Mini pain au chocolate ② ⑥ ⑩	100 kcal	per 25g
Danish pastries ② ④ ⑥ ⑩	120 kcal	per 25g
Blueberry muffins ② ⑥ ⑩	144 kcal	per muffin
Chocolate muffins ② ⑥ ⑩	161 kcal	per muffin
or white sliced bread ⑩	67 kcal	per 38g (1 slice)
or brown soda bread ⑩	104 kcal	per 47g (1 slice)
Selection of bread loaves ④ ⑤ ⑥ ⑧ ⑩	52 kcal	per 30g (1 slice)

Yoghurts

Greek style natural yoghurt ②	133 kcal	per 100g
Fruit of the forest ②	120 kcal	per pot
Peach & strawberry ②	124 kcal	per pot
Melon & orange ②	99 kcal	per 100g

Cereals

Bran cereal ⑩	107 kcal	per 30g
Cornflakes ⑩	113 kcal	per 30g
Rice krispies ⑩	174 kcal	per 30g
Weetabix ⑩	105.6 kcal	per 30g
Special k ② ⑩	113 kcal	per 30g
Homemade muesli ① ④ ⑩	128 kcal	per 30g

Cold Sliced Meats & Fish

Smoked mackerel ⑨	166 kcal	per 100g
Pickled herring ⑨		
Baked gammon	104 kcal	per 100g
Prosciutto ham	104 kcal	per 100g
Chorizo ② ⑦	367 kcal	per 100g

Selection of Cheeses

Cooleeney ②		
Aged Cheddar ②		
Grubeen ②		
Sliced red cheddar ②	78 kcal	per 20g slice
Sliced edam ②	71.4 kcal	per 20g slice

FULL IRISH BUFFET SELECTION

(includes Continental & Full Irish) €15.50

HOT FROM THE BUFFET

Hot Breakfast

Grilled back bacon ④	184 kcal	per 113g (2 slices)
Grilled pork sausage with chilli & jalapeno ④ ⑩	147 kcal	per 50g (1 piece)
Grilled tomato	25 kcal	per 100g
Sautéed mushrooms ②	157 kcal	per 100g
Roast baby potato ⑩	115 kcal	per 70g
Black & white pudding ④ ⑦ ⑩ ⑪	125.2 kcal	per 36g
	192 kcal	per 36g
Baked beans	74 kcal	per 100g

Eggs

Poached eggs ⑥	147 kcal	2 eggs
Fried eggs ⑥	204 kcal	2 eggs
Scrambled eggs ② ⑥	267 kcal	2 eggs
Boiled eggs ⑥	147 kcal	2 eggs

Omelettes

Open face 3 egg omelette ⑥	150 kcal (plain)	3 eggs
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Choice of onion, sweet pepper, mushroom, cheddar cheese

Fish

Grilled kippers ⑨	350 kcal	per 130g
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With roast tomato & lemon

Morning Specials

Hot Irish oatmeal ⑩	94 kcal	per 100g
Traditional buttermilk pancakes ② ⑥ ⑩	191 kcal	per 100g

And syrup

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Please allow 10-15minutes for omelettes and fish items as these are cooked to order.

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Please ask server about our gluten free selection.

HOT & COLD BEVERAGES

Regular or Decaffeinated coffee

Cappuccino ②
Café latte ②
Espresso
Mocha ②
Macchiato ②
Hot chocolate ②
Irish breakfast tea
Decaffeinated tea
Earl grey tea
Selection of herbal teas
Milk ②
Skimmed milk ②
Soya milk ②

① Peanuts	② Dairy	③ Shellfish	④ Sulphites
⑤ Tree Nuts	⑥ Eggs	⑦ Soy	⑧ Sesame
⑨ Fish	⑩ Gluten	⑪ Mustard	⑫ Celery
⑬ Molluscs	⑭ Lupin		