



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

CROWNE PLAZA BREAKFAST MENU

Eggs

Poached eggs contains: 4, 6

Fried eggs contains: 6

Boiled eggs contains: 6

Omelettes contains: 6

Open face 3 egg omelette

Choice of onion, sweet pepper, mushroom, cheddar cheese contains: 2

Fish

Grilled kippers

With grilled tomato, baby potatoes, herb oil, torched lemon contains: 2, 9

Morning Specials

Traditional buttermilk pancakes & syrup contains: 2, 6, 10a

Belgian waffles contains: 2, 6, 7, 10a

Hot Flahavan's oats, toasted coconut, berry compote, banana

contains: 2, 5f, 10b

Selection of Irish Cheeses

Cooleeney contains: 2

Aged cheddar contains: 2

Smoked Gubeen contains: 2

Sliced emmental contains: 2

Cashel Blue contains: 2

Brie contains: 2

Charcuterie & Seafood

Pickled herring contains: 4, 9

Smoked salmon contains: 9

Cooked sliced ham

Prosciutto

Chorizo contains: 2, 7

From Our Hot Buffet

Grilled back bacon

Pork sausage contains: 4, 10a

Cumberland sausage

Grilled tomato

Sautéed mushrooms

Roast baby potato

Black pudding contains: 10a, 10b

White pudding contains: 10a, 10b, 11

Baked beans

Scrambled eggs contains: 2, 6

From the Bakery

Butter croissants contains: 2, 6, 10a mct 5, 7

Mini pain au chocolate contains: 2, 6, 10a mct 5

Mini pain au raisin contains: 2, 6, 10a mct 5, 7

Fresh baked muffin of the day

See buffet for today's flavour and allergens

White sliced bread contains: 7, 10a

Brown soda bread contains: 7, 10a

Selection of bread loaves contains: 10a, 10d

Selection of Fruits

Sliced watermelon

Sliced cantaloupe melon

Grapefruit segments

Stewed prunes

Peach slices

Pear halves

Fresh fruit salad

Cereals

Bran Flakes contains: 10a, 10c

Special K contains: 10a, 10c

Cornflakes contains: 10c

Rice Krispies contains: 10c

Weetabix contains: 10a, 10c

Special K contains: 10a, 10c

Muesli contains: 1, 5g, 10b, mct 2, 7

Yoghurt Options

Greek style natural yoghurt contains: 2

Unsweetened natural yoghurt contains: 2

Selection of full & low-fat fruit yoghurts contains: 2

Nuts & Dried Fruits

Hazelnuts contains: 5h, mct 1, 4, 7, 8, 10

Flaked almonds contains: 5a

Walnuts contains: 5, mct 8

Dried banana contains: 4, 5f

Dried apricots contains: 4

Raisins contains: mct 5, 8

Sunflower seeds

Pumpkin seeds contains: mct 4, 5, 7, 8, 10

Fruit Juices

Orange

Apple

Grapefruit

Tomato

Cranberry

Vegan Options

Alpro plant based fruit yoghurts contains: 7, mct 5

Raspberry filled croissant contains: 10a, mct 5, 7, 8

Hot Flahavan's oats, toasted coconut, berry compote, banana

contains: 2, 5f, 10b

Cinnamon French toast, soy yoghurt, berry compote, toasted

almonds contains: 5a, 7, 10a

Vegan fry

sauté potatoes, grilled tomato, herb mushrooms, beyond meat sausage,

baked beans contains: 5f, 10a 10d, mct 5 & 8

Hot & Cold Beverages

Regular or Decaffeinated coffee

Cappuccino Contains: 2

Café latte Contains: 2

Espresso

Mocha Contains: 2

Macchiato Contains: 2

Hot chocolate Contains: 2

Irish breakfast tea

Decaffeinated tea

Earl grey tea

Selection of herbal teas

Milk Contains: 2

Skimmed milk Contains: 2

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

1 Peanuts, 2 Dairy, 3 Shellfish, 4 Sulphites, 5 Nuts, 5a Almonds, 5b Walnuts, 5c Pine nut, 5d Cashew, 5e Brazil nuts, 5f Macadamia nuts, 5g Pistachio, 5f Coconut, 5h Hazelnuts, 6 Eggs, 7 Soy, 8 Sesame, 9 Fish, 10 Gluten, 10a Wheat, 10b Oats, 10c Barley, 10d Rye, 11 Mustard, 12 Celery, 13 Molluscs, 14 Lupin, MCT - may contain traces