



CORK INTERNATIONAL HOTEL

## The Atlantic

### Breakfast

**Dia dhuit agus fáilte romhat**

It's a brand-new Day.

Make your most important meal of the day a  
Nutritious breakfast at the Cork International Hotel.

Prepared with the very finest ingredients, our continental and  
traditional Breakfasts offer all you need to take the day ahead.

The Breakfast buffet offers a wide selection of hot and cold  
dishes to choose from including our "Egg Station" which will  
prepare eggs cooked to your liking, should you prefer, we will  
gladly serve you at your table.

Please help yourself to fruit juice, fresh fruit, cereals, pastries,  
and toast. Tea or Coffee will be brought to your table.

*\*All meat is locally sourced from McCarthy's Butchers of  
Ballincollig*

**Full Irish Breakfast      €18.50**

**Continental                  €13.50**



CORK INTERNATIONAL HOTEL

## The Atlantic

### Breakfast

#### Hot Beverages

Choose from freshly brewed Coffee, Tea & Herbal Tea.

#### Cold Buffet

An extensive range of Kellogg's and other popular cereals  
including muesli can be found on the cold buffet, as well as a  
wide selection of Juices, Dried and Fresh Fruit, Yoghurts, Cold  
Meats, and Cheeses.

#### Breads and Pastries

An array of fresh breads, Croissants and Danish pastries are  
readily available.

#### Gluten Free Options

Gluten free bread, Cornflakes, Irish Bacon, Beans and  
Mushrooms, Gluten Free Sausages available upon request

#### The Atlantic Breakfast

Choose from: Irish Rashers, Black & White Pudding, Sausages,  
Mushrooms, Baked Beans, Hash Browns, Tomato, and  
Scrambled Eggs.  
Fresh Porridge  
Waffles or Pancakes

#### Chef's Egg Station

Our Chef is present at the buffet to take your order for eggs  
cooked to your liking.  
Boiled, Fried or Poached  
Omelette with selection of fillings