

Philmar House Bed and Breakfast, Ballincar, Rosses Point Road, Co. Sligo. (071) 9145014 or 0860719231

## Breakfast Menu

Breakfast is served between 8 and 9 in our dining room. Just fill out on a piece of paper what you would like, at what time and your room letter and leave it on the table in the hall the evening before breakfast.

## Continental Breakfast

- 1) Orange Juice
- 2) Choice of cereals
- 3) Porridge served with brown sugar or dried fruit or a selection of seeds
  - 4) Grapefruit and mandarin segments
    - 5) Selection of fresh fruit
      - 6) Fruit salad
    - 7) Selection of yoghurt

## Cooked Breakfast

- 1) Boiled egg and toast
  - 2) Beans and toast
- 3) Toast with ham, cheese and pineapple grilled
  - 4) Scrambled egg and smoked salmon
    - 5) Scrambled egg and toast
    - 6) Scrambled egg and bacon
      - 7) Poached egg and toast
    - 8) Poached egg and bacon
- 9) Bacon, Egg, Sausage, Tomato, White Pudding, Mushroom

Tea, filter coffee or a selection of herbal teas

Brown bread or toast













