

How do you like your eggs?



## WELCOME

“HOPE MAKES A GOOD BREAKFAST.  
EAT PLENTY OF IT.”

Ian Fleming

The K Club has always been a hideaway of sorts, entertaining a host of legendary guests throughout its history. One of which was Ian Fleming, friend and pal of former Estate owner and movie director Kevin McClory. Together they brought 007 to the big screen. Some even say Ian found a certain refuge on the Estate's island, where he put pen to paper as the Liffey flowed around him.

# THE BARTON

## BREAKFAST



## GOOD MORNING

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We invite you to seize the day The K Club way by waking up with our delicious selection of farm fresh, locally-sourced foods, lovingly prepared by our skilled team of chefs.

Our eclectic breakfast offering is built around the wonderful local produce delivered to our door by our hand-picked collection of independent Irish suppliers.

The colourful bowls bursting with fresh fruit on our Continental buffet come courtesy of Doyles of Dublin and Cullen's of Wexford.

We source our gourmet preserves from G's Jams of Laois, perfect slathered over the freshly baked breads, muffins and pastries from our very own in-house bakery.

Our famous K Full Irish is built around the tastiest sausages, black and white pudding from McCarthy's Farm alongside their unbeatable bacon from just down the road here in Kildare.

And those perfectly prepared fried, scrambled and poached free range eggs come from Tolka Eggs of Dublin, creating the ultimate breakfast partnership with Cribbins of Offaly organic smoked salmon.

It's time to rise, and shine.

## À LA CARTE

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### FLAHAVAN'S PORRIDGE

Organic Oat Porridge cooked in Milk,  
Golden Raisins marinated in Fresh  
Orange Juice(1 Oat, 6)

Gluten Free & Vegan option available

### THE FULL IRISH

McCarthy Farm: Pan-Fried Sausages, Grilled Bacon, Smoked Streaky Bacon, McCarthy Farm Black & White Artisan Pudding, "Flat Cap" Button Mushroom, Grilled Tomato, Homemade Hash Brown and Free-Range Eggs (1 Wheat, 3, 6)

Gluten Free option available

### THE MINI FULL IRISH

McCarthy Farm: Pan-Fried Sausage, Grilled Bacon, McCarthy Farm Black & White Artisan Pudding, Free-Range Eggs (1 Wheat, 3, 6)

Gluten Free option available

### HOMEMADE BUTTERMILK

#### PANCAKES

Berries & Cream

OR

Canadian Style

with Bacon & Maple Syrup

(1 Wheat, 3, 6)

### OVEN BAKED KIPPERS

Topped with Melted Herb & Lemon  
Butter (4, 6)

### EGGS BENEDICT

Home Baked English Muffin,  
Poached Eggs, Grilled Bacon and  
Sauce Hollandaise

(1 Wheat, 3, 6)

Gluten Free option available

### EGGS ROYALE

Home Baked English Muffin,  
Poached Eggs, Cribbins Peat & Wood  
Organic Smoked Salmon and Sauce  
Hollandaise

(1 Wheat, 3, 4, 6)

Gluten Free option available

### SMASHED AVOCADO

Toasted Sourdough Bread, Grilled  
Bacon and Poached Egg

(1 Wheat, 3)

Gluten Free option available

### SCRAMBLED EGGS

With Smoked Salmon

(3, 4, 6)

## VEGETARIAN & VEGAN CHOICES

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### CHIA SEEDS & GOJI BERRY

Soaked in Coconut Milk

### MUESLI

Coconut Milk, Granny Smith Apple, Prunes, Honey, Natural Yoghurt  
(1 Wheat, 6)

### FALAFEL

Turmeric & Coriander Falafel with Coriander and Yogurt  
(6)

Gluten Free option available

### SPICED BEANS

Served with Sourdough Bread & Cherry Vine Tomato, Vegan or Gluten Free Sausages (Vegan)  
(1 Wheat)

### EGGS FLORENTINE

Served on Home Baked English Muffin, Wilted Spinach, Poached Egg and Hollandaise Sauce  
(1 Wheat, 3, 5, 6, 11)  
Gluten Free option available

### ALLERGENS

- 1 Gluten.
- 2 Crustaceans.
- 3 Eggs.
- 4 Fish.
- 5 Soy Beans.
- 6 Milk.
- 7 Peanuts.
- 8 Nuts.
- 9 Celery.
- 10 Mustard.
- 11 Sesame.
- 12 Sulphites.
- 13 Lupin.
- 14 Molluscs.



Fin.



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