



FOTA
RESTAURANT

BREAKFAST MENU

The
FOTA | *Collection*

HOTEL SPA GOLF CLUB GOLF ACADEMY LODGES

Fota Island Resort, Fota Island, Cork, Ireland. www.fotaisland.ie

Find us on   

À LA CARTE BREAKFAST

Slow Cooked Oat Porridge 2 | 11 |

Red Fruit Compote

Baked Fish of the Day 2 | 5 | 9 |

Lemon and Chive Cream Cheese | Parma Ham

Please allow 15 minutes cooking time

Cinnamon Brioche French Toast 1 | 2 | 10 | 11 |

Seasonal Poached Fruit | Toasted Almonds

Fota Eggs Benedict 1 | 2 | 5 | 9 | 11 | 13 |

Poached Eggs | Sourdough Brioche |

Honey Mustard Rashers | Hollandaise Sauce

Eggs Royale 1 | 2 | 5 | 9 | 11 |

Poached Eggs | Sourdough Brioche |

Smoked Salmon | Hollandaise Sauce

Smoked Ham Hock,

Poached Eggs and Beans 1 | 2 | 9 | 11 | 13 |

Grilled Sourdough | House Made Baked Beans

Fota Omelette 1 | 2 | 9

Ham | Cheese | Onion

VEGETARIAN / VEGAN BREAKFAST

Vegan Oat Porridge 11 |

Red Fruit Compote

Please allow 8 minutes cooking time

Eggs Florentine 1 | 2 | 9 | 11 |

Poached Eggs | Sourdough | Spinach |

Hollandaise Sauce

Vegan Beans on Toast 8 | 10 | 11 |

Grilled Sourdough | House Made Baked Beans |

Toasted Nuts | Vegan Cheese

GLUTEN FREE BREAKFAST

Gluten Free Porridge

Cinnamon Sugar

Please allow 8 minutes cooking time

Omelette from the Station 1 | 9 |

Gluten Free Irish Breakfast 1 | 9 | gluten free oat

Bacon | Sausages | Black & White Pudding |

Mushrooms | Roast Tomato | Choice of Fried,

Poached or Scrambled Egg

Gluten Free Eggs Benedict 1 | 2 | 9 | 13 |

Poached Eggs | Gluten Free Roll |

Rashers | Hollandaise Sauce

Baked Fish of the Day 2 | 5 | 9 |

Lemon and Chive Cream Cheese | Parma Ham

Please allow 15 minutes cooking time

Gluten Free Bakers Board 1 | 2 | 8 | 10 |

Toast Selection | Cake | Scone |

Seasonal Preserves | Clotted Cream

Avocado and Poached Eggs on Sourdough

1 | 9 | 11 |

Guacamole

Make it vegan with falafel instead of eggs

Vegetarian Full Irish Breakfast 1 | 2 | 8 |

Vegan Sausages | Mushrooms | Roast Tomato |

Sautéed Potatoes | Choice of Fried, Poached or

Scrambled Egg

A selection of tea, herbal tea, coffee, or decaffeinated coffee is available. Your order for these will be taken at your table by your server.

Please enjoy items from our extended hot & cold deli-counters. Create your own breakfast with all the ingredients of a Full Irish or enjoy fresh fruits with cereals, breads, and pastries for the ultimate continental breakfast.

Should you require anything further, please do not hesitate to ask a member of our F&B Team.

Gluten and wheat free bread available on request.

Please note, every care is taken to avoid cross-contamination for allergen specific foods, however allergens are present in our kitchen.

1 Eggs | 2 Milk | 3 Shellfish | 4 Molluscs

5 Fish | 6 Peanuts | 7 Sesame | 8 Soya

9 Sulphites | 10 Nuts | 11 Gluten | 12 Celery

13 Mustard | 14 Lupin | (V) Vegetarian