



We do occasionally have to substitute products so you must advise us of any allergies / dietary requirements on every visit as our recipes do change. Please be advised that we do use most, if not all allergens in our kitchens and we also cook different foods in the same equipment. Allergens information on all intentional ingredients are shown on our Allergens Table. Should you require further information including 'may contains' allergen information, please ask your server at the time of ordering. (V) These dishes are

suitable for vegetarians. (VE) These dishes are suitable for vegans. Our fish and meat dishes may contain small bones. Dishes may vary from image shown due to local ingredients and crockery used.

Allergens

1 Gluten 2 Crustacean 3 Soybeans
4 Milk 5 Celery 6 Sulphur Dioxide
& Sulphates 7 Sesame Seeds 8 Eggs
9 Mustard 10 Fish 11 Nuts 12 Peanuts

How did we do today? We value your feedback so please contact us on customer@irishrail.ie

Sometimes we are restricted on the space we have available on board the train and on busier trains we may run out of certain items so please accept our apologies if your 1st choice is not available. Calorie information provided is as accurate as possible. However, due to the handmade nature and possible substitution of ingredients, calories may vary and so average typical values are shown. Information regarding allergens contained in products is available from your steward. Range subject to availability. All pictures are for illustrative purposes only.



GOOD MORNING
Welcome
ABOARD
First Class



BREAKFAST



We may run a reduced menu on quieter times of the day and the below highlighted dishes may not be available.

Irish Breakfast

€11.10

Your choice of fried or scrambled egg, Irish back bacon, Irish sausage, grilled tomato, black & white pudding, potato bread and a slice of toast. (1, 4, 6, 8 & 9)

Add extra toast and butter

€2.00

Vegetarian Breakfast (V)

€9.50

Your choice of 2x fried or scrambled eggs, grilled tomato, mushrooms, 2x potato bread and a slice of toast. (1 & 8)

Breakfast Blaa

€9.45

Irish pork and bacon topped with a light omelette & Ballymaloe relish on a Waterford blaa. (1, 3, 4, 5, 6, 7, 8 & 9)

Wright's of Howth Smoked Salmon & Scrambled Eggs

€12.15

Creamy scrambled eggs served with Wright's of Howth smoked salmon on wheaten bread. (1, 4, 8 & 10)



Porridge & Honey (V)

€5.25

Homemade porridge drizzled with honey. (1 & 5)

Coconut Porridge (VE)

€5.25

Creamy homemade coconut porridge and strawberry jam. (1)

All Butter Croissant (V)

€3.25

Served with butter and strawberry jam. (1, 4, 7, 11 & 12)

Scone & Jam

Plain (1, 3, 4, 8 & 11)

€3.50

Fruit (1, 3, 4, 7, 8 & 11)

€3.50



DRINKS

Hot Beverages

Bewleys Fairtrade Caffetiere (VE)

€3.70

Hot Chocolate Cup (V) (1 & 4)

€3.20

Pot of Bewleys Fairtrade Tea (VE)

€3.15

Selection of Bewleys Herbal Teas (VE)

€3.15

Minerals

Coke

€2.10

Coke Zero

€2.10

Fanta Orange

€2.10

Sprite

€2.10

RiverRock Still Water

€2.10

RiverRock Sparkling Water

€2.10

Fruice Orange Juice

€2.95

Schweppes Tonic Water

€1.70



Alcohol

Guinness 500ml

€5.50

Budweiser 500ml

€5.50

Bulmers 500ml

€5.50

Heineken 500ml

€5.50

Sauvignon Blanc 187ml

€6.50

Merlot 187ml

€6.50

Absolut Vodka 5cl

€6.00

Cork Dry Gin 5cl

€6.00

Jameson Whiskey 5cl

€6.00



We aim to source all our products as locally as possible.

All of our Wright's of Howth salmon is sourced from Irish waters filleted by hand and cured using only natural sea salt.

Bacon, Sausages and Eggs are all sourced from Ireland.

See back of menu for allergen information.