



## Sample Menus

### Coolanowle Farmhouse Accommodation Breakfast Menu

Choice of Fruit,

Selection of Organic Yoghurts,

Poached Fruit

& Fresh fruit bowl

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Perfect Porridge with cream

Bernadine's Muesli

Cereal Selection

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Bacon, Sausage, Clonakilty Black & White Pudding, Tomato & either Scrambled, Poached or Fried Free Range Egg

Scrambled, Poached or Fried Free Range Egg on Toast.

Tomato, Scrambled Free Range Egg & Smoked Salmon Tossed in Butter.

Pancake

Omelette  
(Tomato, Onion, Mushroom & Cheese)

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Plus  
Orange Juice

Tea/Coffee

And a Selection of Homemade Breads & Toast

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All products are freshly prepared and where possible locally produced.

### Winter Menu

#### **Starters**

Homemade Vegetable Soup

Coolanowle Mixed Salad served with Crutons, Lardons & Parmesan Cheese

Melted Goat Cheese served on Crusty Bread with side Salad

#### **Main Courses**

Coolanowle Organic Roast Sirloin Beef

Coolanowle Organic Braised Lamb Shanks

Pasta served with Wild Mushroom in a Cream Sauce (V)

Baked Salmon in a Lemon Crust

#### **Vegetables**

Roasted Carrots, Parsnips & Onions along with Curly Kale and Mustard Mashed Potatoes

#### **Desserts**

Apple and Mixed Berry and Almond Crumble served with Hot Custard

Chocolate Peacan Gateau served with Fresh Cream

Meringue Nest filled with Fresh Fruit

Homemade Ice Cream

### Spring Menu

#### **Starters**

Avocado with Honey & Lemon Dressing with Green Salad and Crusty Bread

Carrot & Thyme Soup

Coolanowle Garlic Mushrooms

Twice Baked Cheese Soufflee with Green Salad

**Main Courses**

Salmon with Lime and Peanut Crust

Coolanowle Organic Lamb Stew

Chicken & Ham Pie

**Vegetables**

Yellow Peppers with Leeks & Marjoram

Spiced Spinach

Colcannon

Gratin Dauphinois

Oven Roasted Meditteraeaan Vegetables

**Desserts**

Yoghurt with Cardamon Velvet with Citrus Fruit Salad (Orange and Kiwi Fruit)

Caramel Icecream with Bananas & Butterscotch Sauce

Seasonal Citrus Fruit Salad with Baby Meringues