From the buffet Chilled Juice Selection

Orange, Cranberry, Apple, Detox Water

Cereal Selection Corn Flakes, Weetabix, Rice Krispies, Coco Pops, Muesli, Granola, Gluten-free Muesli & Corn Flakes

Fruit & Yoghurt Selection Stewed Prunes, Seasonal Fruit Salad, Natural Yoghurt, Granola parfait

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Dooley's Hotel

Charcuterie Platter

From the Litchen

Warm Local Flahavan's Porridge Oats are grown and milled locally by Flahavan's Accompany your porridge with some of the following toppings found on our buffet: Homemade berry compote, Avonmore Irish cream, raisins, sesame seeds, coconut, or Glenvally Irish honey

refas

## Dooley's traditional Irish breakfast

Fried egg, local Irish bacon, Irish pork sausage, Country Style black & white pudding, grilled tomato, Portobello mushrooms, & beans 1,3,6,7

Dooley's mini breakfast Fried egg, local Irish bacon, Irish pork sausage 1,3,6,7

# Local 'Walsh's Bakehouse' blaa

Served in a Waterford blaa with Irish pork sausage, local Irish bacon & fried egg. A blaa /bla:/, or Waterford Blaa, is a doughy, white bread bun (roll) speciality, particularly associated with Waterford, Ireland. 1,3,6,7

Light breakfast Confit Portobello mushroom, tomato & poached or scrambled egg 3,12

# Vegan Breakfast 🕜

Sausage, avocado & tofu scrambled egg, tomato, confit Portobello mushroom & beans 6,12

Dooley's pancakes Pancakes accompanied with maple syrup & seasonal fruit, Nutella or peanut butter. Please let your server know what toppings you'd like 1,3,7,6,5,8

Waterford Blan





## Origins of Blaa in Waterford:

- Waterford is celebrated for the Blaa, a unique soft white bread roll.
- The Blaa tradition dates back to the Huguenots' arrival in the late 17th century.
- An entrepreneurial Huguenot established a bakery in Waterford in 1702.

### Cultural Significance:

- The Blaa is highly regarded as a morning staple in Waterford, often filled with bacon, sausages, and other fillings.
- Locally, it is noted that no Blaa can be found in Waterford past midday, underscoring its popularity as a breakfast item.

#### Name and Recipe Origin:

- Originally, Blaas may have been crafted from leftover bread dough, embodying a 'waste not, want not' approach.
- The name 'Blaa' is believed to be derived from the French words 'Blaad' (flour) or 'Blanc' (white), referencing the roll's floury white appearance.

## Spread and Development:

- In 1802, Brother Ignatius Rice, founder of the Christian Brothers, started making Blaas, which then became popular among the city's poor.
- The Blaa's popularity surged, with daily production eventually reaching 18,000 in Waterford City.

### Contemporary Status:

- Currently, about 10,000 to 12,000 Blaas are consumed daily in Waterford.
- The Waterford Blaa gained P.G.I. (Protected Geographical Indication) status in 2013, which means only Blaas produced in Waterford city and county may be labeled as such.

#### Heritage and Production:

- This status ensures the preservation of the traditional baking methods and authenticity of the product.
- The Blaa is supplied by local family bakers, some of whom have been operating since the 1800s, with recipes passed down through generations.





The family has been in Kilmacthomas, Co Waterford, for over 200 years, milling locally-grown oats and creating wholesome, natural foods.

If you've ever been there, you'll know it's one of the most beautiful parts of Ireland, with the misty Comeragh Mountains on one side and the River Mahon weaving its way through mile after mile of lush, rolling farmland. Oats have grown for as long as anyone remembers, with the land and weather there in the 'sunny south-east' perfect for growing them.

The Mill itself dated back to the 1780's and was powered by the River Mahon then as it is now.

Their story is simple - it's about family and place and one single cereal - oats. Timeless, natural, wholesome, nourishing, and most of all, a food we're sure you'll enjoy."