

PROM

Served Daily 8:00 - 11:00

Fresh and Functional

Morning Pastries €2.50

Selection of croissants, pain au chocolat & Danish pastries. (1,3,7,8)

Freshly Pressed Detox Juices €4.50

- Carrot & Turmeric – carrot, turmeric, ginger & lemon
- Green Glow – apple, celery, cucumber & spinach . (9)

House Protein Ball €3.90

Dark chocolate, oats, peanut butter, cocoa & maple syrup (1,5,7,8)

Ocean Fitness Combo €7.90

Any detox juice or espresso with our house protein ball
Allergens: see individual items



Light Options

Smashed Avocado & Feta on Sourdough €13.90

Creamy smashed avocado, feta, cherry tomatoes, basil pesto & lemon olive oil (1,7)

Traditional Favourites

The Classic Irish €15.90

Eggs cooked to your liking, sausages, black & white pudding, mushrooms, grilled tomato, baked beans, relish & soda bread (1,3,7,12)

The Classic Vegan Irish €14.90

Vegan sausages, tofu, sautéed mushrooms, wilted spinach, grilled tomato, baked beans, crispy hash browns & toasted soda bread. (1a,6,10,12)

Salthill Garden Breakfast Skillet €15.90

Tomato, mushrooms, sweet pepper, onions, basil, mozzarella, red sauce (1,3,7)

Add extra eggs (2) €3.00



Sweet Mornings

Buttermilk Pancakes €11.90

Fluffy buttermilk pancakes, maple glaze, crispy smoked rashers, seasonal berries & whipped cream. (1,3,7)

Bowls For Energy

Sunrise Oat Bowl €8.90

Irish oats, berries, toasted almonds & local honey (1,7,8)

Warm Fruit & Granola Bowl €8.90

Warm seasonal fruit, berry compote, toasted granola & natural yogurt (1,7,8)

Keto Forest Scramble €14.90

Free-range eggs, mushrooms, spinach & crispy bacon (3)

Light and Coastal

Wild Atlantic Seafood Chowder €15

King prawns, smoked haddock, salmon, mussels & scallions in a light leek and potato cream, served with in-house brown bread (1a,7,9,12,2,4,14)

Soup of the Day €8.50

Served with homemade Salthill brown bread (1a,7,9,12,1b)



Most Popular

from 12 to 3pm

Brunch Burger €18.90

Chef's beef burger on a sourdough bun with fried egg, tomato relish & baby gem, served with fries. (1,3,7,12)

Salthill Breakfast Pizza €17.90

Stone-baked base with tomato, mozzarella, smoked bacon, pulled ham and breakfast sausage, finished with free-range fried eggs & chorizo oil. (1,3,7,10,12)

Salthill Vegan Breakfast Pizza €16.90

Stone-baked base with vegan mozzarella, sautéed mushrooms, spinach, roasted peppers, vegan sausage & spiced tofu, finished with herb oil. (1,6,10)

Grilled Cajun Chicken Flatbread €16.90

Butterflied Cajun-spiced chicken, baby gem, sweetcorn, cherry tomatoes, herb buttermilk dressing, crispy onions & pomegranate. (1,7,10)

Eggs and Classics

Prom Special €14.90

Smoky rashers, poached eggs, mushroom, spinach & classic hollandaise (1,3,7,10,12)

Salthill Florentine €14.90

Smoked Irish salmon, poached eggs, spinach, avocado & hollandaise. (1,3,4,7,10,12)

Mediterranean Three-Egg Omelette €13.90

Free-range eggs, smoky rashers, peppers, onions & tomato, finished with herbs & olive oil (3,7)

Served on sourdough, English muffin or butter-toasted flatbread

Signature Brunch

Eggs on Steak €26.90

Grilled locally sourced steak topped with free-range fried eggs, crispy onions & chilli butter, served with hand-cut fries. (3,7)

Add Ons (Any Dish)

Avocado €1.90 | Fried egg €1.90 | Sourdough €1.20



SALTHILL HOTEL
THE PROM GALWAY



Allergen Index:

1. Cereals Contain Gluten, 1a. Wheat, 1b. Oats, 1c. Barley, 1d. Rye, 2. Crustaceans, 3. Egg, 4. Fish, 5. Peanuts, 6. Soybean, 7. Milk, 8. Nuts, 9. Celery, 10. Mustard, 11. Sesame Seeds, 12. Sulphur Dioxide / Sulphites, 13. Lupin, 14. Molluscs

Although All Due Care is Taken During the Food Preparation, Cross Contamination Risks are Possible