

ENJOY YOUR BREAKFAST

Juices orange juice • apple juice (Contains allergen 9) • Bottle of still water • Fresh coffee or breakfast tea will be served to your table

VITALITY BREAKFAST SELECTION

Bread & Pastries

High fibre brown bread
Croissant
Pain au chocolat

(Contains allergens 6 wheat, 7, 8, 9, 10, 11)

Continental Assiette

Ham, Salami, Chorizo, Irish Cheddar,
Cucumber, Mixed Peppers

(Contains allergens 7, 9)

Cheese & Yogurt

Irish & Continental cheese selection
Irish Killowen Farm yogurt selection

(Contains allergen 7)

Fruit

Fresh fruit salad—freshly cut melon, apple and grape
Whole banana
Grapefruit segments

Cereals

Kellogg's Corn Flakes
Kellogg's Special K
Fresh Hot Paddy'Os Porridge
Quality Irish granola

(Contains allergens 5 almonds, nut traces, 6 wheat, oats)

HOT BREAKFAST SELECTION

The Irish Breakfast Plate

Grilled back bacon,
Heaney's award-winning Irish pork sausage,
Country style black and white pudding,
Grilled tomato, hash brown,
Sautéed mushrooms,
Your choice of eggs:

fried, poached or scrambled, toast
(Contains allergens 6 wheat, barley, 7, 8, 9, 11)

The Vegan Breakfast

Grilled ciabatta,
Sautéed mushrooms,
(Contains allergen 6 wheat)

Scrambled Eggs & Bacon

Served on sourdough toast
(Contains allergen 6 wheat, 9, 11)

Chefs Daily Breakfast Special

Just ask your server

GLUTEN FREE BREAKFAST SELECTION

Cereals

Gluten Free Cornflakes
Gluten Free Paddy'Os Granola
Gluten Free Paddy'Os Porridge

Hot Breakfast Plate

Grilled back bacon, grilled tomato,
Sautéed mushrooms, baked beans
Your choice of eggs: fried, poached or scrambled, toast
(Contains allergen 8, 9, 11)

Scrambled Eggs & Bacon

Served on gluten free toast
(Contains allergen 8, 9, 11)

Gluten Free White or Multigrain Bread

(Contains allergens 8)

Soya Yogurt

(Contains allergens 8)

Almond Milk

(Contains allergens 5 almonds)

Fruit

Fresh fruit salad—freshly cut melon, apple and grape
Whole banana
Grapefruit segments

ALLERGEN INDEX

- | | |
|------------------------------|-----------------------|
| 1. Crustaceans | 8. Soya |
| 2. Molluscs | 9. Sulphur dioxide |
| 3. Fish | 10. Sesame seeds |
| 4. Peanuts | 11. Eggs |
| 5. Nuts | 12. Celery & celeriac |
| 6. Cereals containing gluten | 13. Mustard |
| 7. Milk/Milk products | 14. Lupins |