

# VITALITY BREAKFAST MENU

## HYDRATION STATION

Orange Juice *Contains Allergens: 9*  
Cranberry Juice *Contains Allergens: 9*

Apple Juice *Contains Allergens: 9*  
Detox Water  
Fruit Smoothies *Contains Allergens: 7*

## TEA & COFFEE

Breakfast is complimented by teas, breakfast or herbal varieties and a selection of speciality coffees

## PORRIDGE

Hearty creamy porridge directly from the kitchen, served with raspberry coulis  
*Contains Allergens: 7*

## ADDITIONAL VITALITY ACCOMPANIMENTS

Nuts *Contains Allergens: 5 Almond, Brazil, Cashew, Hazelnut, Walnut*  
Seeds *Contains Allergens: 6 Wheat*  
Dried Fruits *Contains Allergens: 7, 9*

## VITALITY POTS & SEASONAL SPECIALS

Please ask your server

## CEREAL

Cornflakes *Contains Allergens: 6 Barley*  
Weetabix *Contains Allergens: 6 Barley & Wheat*  
Rice Krispies *Contains Allergens: 5 Nut Traces, 6 Wheat, Barley*  
Homemade Muesli *Contains Allergens: 5 Almond, Hazelnut, Pecan, 6 Oat & Barley, 7*  
Crunchy Nut *Contains Allergens: 6 Wheat, Barley, 5 Peanut & Nut Traces*  
Fruit & Fibre *Contains Allergens: 5 Nuts, Coconut and Nut Traces, 6 Wheat*  
Granola *Contains Allergens: 6 Wheat & Oats, 5 Almond, Hazelnut, Pecan, Brazil, Cashew, Pistachio*  
Special K *Contains Allergens: 6 Wheat & Barley*  
Coco Pops *Contains Allergens: 6 Barley*

## HOT BREAKFAST

Grilled Back Bacon *Contains Allergens: 9*  
Baked Beans *Contains Allergens: 9*  
Black Pudding *Contains Allergens: 6 Barley, 9*  
Hash Browns *Contains Allergens: 9*  
Sausage *Contains Allergens: 6 Wheat, 9*  
White pudding *Contains Allergens: 6 Wheat, Oats, Barley, 9, 11*  
Sautéed Mushrooms *Contains Allergens: 7*  
Grilled Tomatoes

## EGGS

Scrambled Eggs *Contains Allergens: 7, 11*  
Poached or Fried *Contains Allergens: 11*

## BAKERY *All Bakery Items may contain allergen 5, Nut Traces*

Toasting Breads *Contains Allergens: 6 Wheat*  
Butter Croissant / Pain au Choccolait *Contains Allergens: 6 Wheat, 7, 11*  
Cinnamon Swirl *Contains Allergens: 6 Wheat, 7, 11*  
Banana Bread *Contains Allergens: 5 Almond, Hazelnut, 6 Wheat & Oat*  
Lemon Drizzle Loaf *Contains Allergens: 6 Wheat, 7, 11*  
White Bloomer *Contains Allergens: 6 Wheat*

**All served with a selection of real honey, high fruit content marmalade and gourmet jams**

## FREE FROM

Gluten Free Cornflakes  
Gluten Free White Bread *Contains Allergens: 11*  
Gluten Free Scone *Contains Allergens: 11*  
Gluten Free Brown Bread *Contains Allergens: 11*  
Gluten Free Croissant *Contains Allergens: 11*  
Gluten Free Muffin *Contains Allergens: 7, 11*

## PLANT BASED

A selection of vegetarian and vegan items are available on the buffet for you to choose from

## CONTINENTAL

A selection of continental meats and cheeses for you to choose from

## DAIRY ALTERNATIVES

Alpro Almond Milk *Contains Allergens: 5 Almond*  
Alpro Oat Milk *Contains Allergens: 6 Oat*  
Alpro Soya Milk *Contains Allergens: 8*  
Alpro Coconut Milk *Contains Allergens: 5 Nut Trace*

## ALLERGEN INDEX

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