

# MEETING REFRESHMENTS MENU

## THE SIGNATURE BREAKS

Tea and Coffee with;

### Choose from:

Selection of homemade cookies (milk & dark chocolate chip or white chocolate chip raspberry cookies)

*(contains allergens 6 wheat, 7,11 eggs)*

€5.00

Selection of bite sized pastries

*(contains allergens 6 wheat,7,11 eggs)*

€6.50

Homemade scones with Irish butter & Irish fruit jams (choose from plain or fruit)

*(contains allergens 6 wheat, 7, 11 eggs)*

€6.50



## THE WELLNESS BREAK €12.00

Tea and coffee, detox infused Echoz water and orange juice with;

### Choose from 3 of below:

Mixed fruit yogurt granola glasses

*(contains allergens 6 wheat, 7)*

Chocolate protein shake OR Mango protein shake

*(contains allergens 6 wheat, 7)*

Mango & berry smoothies *(contains allergen 7)*

Flapjack bars *(contains allergens 6 wheat, 11 eggs)*

Caramel & porridge bars *(contains allergens 6 wheat, 11 eggs)*

Plain & fruit scones *(contains allergens 6 wheat, 7, 11 eggs)*

Blueberry & yoghurt muffins *(contains allergens 6 wheat, 7, 11 eggs)*

Assorted bite sized pastries *(contains allergens 6 wheat, 7, 11 eggs)*

Fruit salad pots



## THE AFTERNOON PICK ME UP €12.00

Tea and coffee, detox infused Echoz water and orange juice with;

### Choose from 3 below

Assorted macarons *(contains allergens 5 nuts, 7, 11 eggs)*

Classic eggs Benedict *(contains allergens 6 wheat, 7, 9, 11 eggs)*

Gourmet sandwiches on bloomer bread *(contains allergens 5 nuts, 6 wheat, 7,9,11,12,13)*

Blueberry & yogurt muffins *(contains allergens 6 wheat, 7,9,11 eggs)*

Plain or Fruit scones *(contains allergens 6 wheat,7,11 eggs)*



## WORKING LUNCH €15.00

Served directly to your meeting room

Tea and coffee, detox infused Echoz water and orange juice with;

Mini beef & chicken sliders *(contains allergens 6 wheat, 7, 8, 11 eggs)*

Cajun chicken skewers *(contains allergens 8)*

Mixed mini savoury quiches *(contains allergens 6 wheat, 4, 5, 7,11, eggs)*

Clonakilty black pudding & poached apple in filo pastry *(contains allergen 6, 7, 11)*

Gourmet open sandwiches & wraps *(contains allergens 5 nuts, 6 wheat, 7,9,10,11 eggs,12,13)*

Selection of homemade cookies

*(contains allergens 4, 5 almond, 6 wheat, 7)*



## SOUP & SANDWICHES €15.00

Served directly to your meeting room or in the main hotel restaurant, with freshly brewed tea or coffee

Homemade soup with a selection of gourmet sandwiches on bloomer bread and a selection of wraps

*(contains allergens 5 nuts, 6 wheat, 7,9,11 eggs, 12,13)*

## FURTHER LUNCH OPTIONS

Served in the main hotel restaurant

Pre-order at morning break taken

A main course **€19.00**

Two course **€27.00**

Three course **€32.00**

Tea and Coffee served with all above menus

*(Delegates have a choice of 3 main courses on all above includes vegetarian option)*