

ENJOY YOUR BREAKFAST

Gluten free and children's options available
Just ask your server

JUICES orange juice, apple juice *(Contains allergen 9)* • Help yourself to freshly brewed **TEA & COFFEE** from our hot drinks station

VITALITY BREAKFAST SELECTION

BREAD & PASTRIES

High fibre brown bread
Croissant
Pain au chocolat

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

CHEESE & YOGURT

Irish & Continental cheese selection
Irish Killowen Farm yogurt selection

(Contains allergen 7)

FRUIT

Freshly cut fruit pot
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,
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,
thyme

(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



ALLERGEN INDEX

No.1 – Crustaceans
No.2 – Molluscs
No.3 – Fish
No.4 – Peanuts
No.5 – Nuts
No.6 – Cereals containing gluten
No.7 – Milk / milk products
No.8 – Soya
No.9 – Sulphur dioxide
No.10 – Sesame seeds
No.11 – Egg
No.12 – Celery & celeriac
No.13 – Mustard
No.14 – Lupins