

# VITALITY BREAKFAST MENU

## HYDRATION STATION

Orange Juice *Contains Allergens: 9* Apple Juice *Contains Allergens: 9*  
Cranberry Juice *Contains Allergens: 9* Daily Vitality Juice *Contains Allergens: 9* Detox Water

## TEA & COFFEE

Tea will be served to your table, freshly ground coffee available from the buffet.

## PORRIDGE

Hearty creamy porridge directly from the kitchen, choose from:

- Poached Apple & Toasted Nuts *Contains Allergens: 5 Almond, Brazil, Cashew, Hazelnut, Walnut, 7*
- Honey, Berries & Cinnamon *Contains Allergens: 5 Almond, Brazil, Cashew, Hazelnut, Walnut, 7*

## ADDITIONAL VITALITY ACCOMPANIMENTS

Pumpkin Seeds Sunflower Seeds Banana Chips Coconut *Contains Allergens: 9* Sultanas  
Cranberries Apricots *Contains Allergens: 9* Dried Papaya *Contains Allergens: 9* Fresh Fruit Salad

## VITALITY POTS & SEASONAL SPECIALS

Please ask your server

## CEREAL

Cornflakes *Contains Allergens: 6 Barley* Special K *Contains Allergens: 6 Wheat & Barley, 7*  
Weetabix *Contains Allergens: 6 Barley & Wheat* Crunchy Nut *Contains Allergens: 6 Barley, 5 Peanuts*  
Fruit & Fibre *Contains Allergens: 6 Wheat, barley, 5 Hazelnut, nuts* Homemade Granola *Contains Allergens: 6 Oats, 5 Almond, Brazil nut, cashew nut hazelnut, pecan nut, pistachio, 9*

## HOT BREAKFAST

Back Bacon Pork Sausage *Contains Allergens: 6 Wheat, 9*  
Sautéed Mushrooms Vegan Hash Browns Baked Beans *Contains Allergens: 9*

## EGGS

Scrambled Eggs *Contains Allergens: 7, 11* Boiled Eggs, Poached Eggs or Fried *Contains Allergens: 11*  
**Please order from your server**

## BAKERY

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

Granary Bloomer *Contains Allergens: 8, 11* White Bloomer *Contains Allergens: 8, 11* Sourdough *Contains Allergens: 11* Mini Soda Bread *Contains Allergens: 11* Bagel *Contains Allergens: 6 wheat, barley, rye, 10*  
Butter Croissant / Pain au Chocolait *Contains Allergens: 6 Wheat, 7, 8, 9, 11* Cinnamon Swirl *Contains Allergens: 6 Wheat, 7, 8, 9, 11* Belgium Waffle *Contains Allergens: 6 Wheat, 7, 8, 11* Pancake (Vegan) *Contains Allergens: 6 Wheat, traces 7, 11* Muffin *Contains Allergens: 5 Almond, Barzil nut, cashew nut, hazelnut, pecan, nut, pistachio, 6 wheat, 7, 8, 11*  
Banana Bread *Contains allergens 6 Barley, Wheat, 5 Brazil Nut, Cashew Nut, Egg, Macadamia/Queensland Nut, Milk, Nuts, Peanuts, Pecan Nut, Pistachio and Soya) 7, 8, 9, 11* Lemon Drizzle Loaf *Contains Allergens: 6 Wheat, oat, 5 Almond, Hazelnut/Brazil Nut, Cashew Nut, Egg, Macadamia/Queensland Nut, Milk, Nuts, Peanuts, Pecan Nut, Pistachio and Soya 7, 8, 9, 11*

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

## FREE FROM

Gluten Free Cornflakes Gluten Free Toasting Bread *Contains Allergens: 11*  
Gluten Free Granola *Contains Allergens: 6 oats, 5 nuts, Almond, Hazelnut* Gluten Free Oatcake *Contains Allergens: 6 Oat, 5 Almonds, Brazil Nut, Hazelnut, Macadamia/Queensland Nut, Pecan Nut, Pistachio, 7, 8* Gluten Free Morning Pastry *Contains Allergens: 5 Nuts, 7, 8, 9, 11* Gluten Free Muffin *Contains Allergens: 7, 8, 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 Soya Milk *Contains Allergens: 8*  
Alpro Oat Milk *Contains Allergens: 6 Oat*

## 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 |             |