

VITALITY BREAKFAST MENU

HYDRATION STATION

Orange Juice *Contains Allergens: 9* Apple Juice *Contains Allergens: 9*
Selection of Fruit Juices *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 specialty coffees

VITALITY SELECTION

Hearty creamy porridge directly from the kitchen , choose from

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

Additional Vitality Items:

Nuts *Contains Allergens: 5 Nuts* Seeds *Contains Allergens: 6 Wheat* Dried Fruits *Contains Allergens: 7*
Sliced Tropical Fruits, Prunes, half grapefruits *Contains Allergens: 9* Fruit Compote Fresh Fruit Salad
Vitality Pots *Please ask your server* Selection of Fruit Yoghurts, Natural Yoghurt

HOT BREAKFAST

Grilled Back Bacon *Contains Allergens: 9* Pork Sausage *Contains Allergens: 6 Wheat, 9*
Black & White Pudding *Contains Allergens: 6 Barley, 9* Sautéed Mushrooms *Contains Allergens: 7*
Sautéed Potatoes *Contains Allergens: 9* Grilled Tomatoes Baked Beans *Contains Allergens: 9*
Scrambled Eggs *Contains Allergens: 7, 11* Fried Eggs *Contains Allergens: 11*

BAKERY

Toasting Breads *Contains Allergens: 6 Wheat* Pain au Raisin *Contains Allergens: 6 Wheat*
Butter Croissant / Pain au Chocolat *Contains Allergens: 6 Wheat, 7, 11*
Homemade Guinness Bread *Contains Allergens: 6 wheat, 8, 9*
Banana Bread *Contains Allergens: Allergens Missing*

All served with a selection of real honey, high fruit content marmalade and G's Irish gourmet jams

FREE FROM

Gluten Free Cornflakes Gluten Free Brown Bread *Contains Allergens: 8, 10, 11*
Gluten Free White Bread *Contains Allergens: 11* Gluten Free Croissant *Contains Allergens: 11*
Gluten Free Granola Gluten Free Coco Pops

PLANT BASED

A selection of vegetarian and vegan items are available on the buffet for you to choose from.
Or alternatively, order directly from the kitchen.

DIARY ALTERNATIVES

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

CONTINENTAL

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



FRESH PORRIDGE

DIRECT & HOT FROM THE KITCHEN - SIMPLY ASK YOUR SERVER

Choose From:

Stewed Apple & Toasted Nuts

Contains Allergens: 5 Almond, Brazil, Cashew, Hazelnut, Walnut, 7

Honey, Mixed Berry Compote & Cinnamon

Contains Allergens: 5 Almond, Brazil, Cashew, Hazelnut, Walnut, 7

Or choose your own combination of...

Nuts *Contains Allergens: 5 Nuts* **Seeds** *Contains Allergens: 6 Wheat*

Dried Fruits *Contains Allergens: 7* **Prunes** *Contains Allergens: 9*

Fruit Compote

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. Lupin



CLAYTON WHITES
HOTEL