

Good Morning

CONTINENTAL

Juice & Smoothie

Orange / Apple / Grapefruit / Chef's Smoothie

Fruit & Yoghurt

Sliced Seasonal Fruit

Chia Pudding

1, 7, 8

Granola & Yoghurt

1, 7, 8

Assorted Natural Yogurts

7

Bakery

Pastry Selection & Homemade Bread

1, 3, 6, 7

White Toast / Wholemeal Toast

1, 3, 6, 7

Breakfast Cereals

Hot & Creamy Oat Flakes

1, 7, 8

Weetabix / Corn Flakes / Bran flakes / Muesli

1

Dried Fruit

Prunes / Dried Apricots

Hot Beverages

Fresh Ground Roast Coffee / Breakfast Tea / Decaffeinated Coffee / Selection of Infusions / Hot Chocolate

HOT & HEARTY

The Full Irish Breakfast

bacon, fried egg, sausage, black & white pudding, grilled tomato.

1, 3, 9, 10, 12

The Scrambled Wrap

scrambled egg, spinach, guacamole, cherry tomatoes, wrapped in a soft warm wrap

1, 3, 9, 10, 12

The Vegan Breakfast Wrap

tofu scramble, potatoes, chickpea pancake, tomatoes, pepitas and salsa

1, 6, 9, 10, 12

The Breakfast Burrito

sausage, bacon, scrambled eggs, spiced potato, & avocado in a warm tortilla loaded with jalapeno salsa

1, 3, 9, 10, 12

ALLERGENS

V Vegan **1** Cereal Containing Gluten (i.e. Wheat, Rye, Barley, Oats) **2** Crustaceans (i.e. Crab, Prawns) **3** Eggs **4** Fish **5** Peanuts **6** Soy-beans
7 Milk **8** Nuts **9** Celery **10** Mustard **11** Sesame Seeds **12** Sulphur Dioxide & Sulphites **13** Lupin **14** Molluscs (i.e. Mussels, Oysters & Scallops)