

ENJOY YOUR BREAKFAST

Gluten free and children's options available

Just ask your server

Juices orange juice • apple juice (Contains allergen 9) • **Bottle of still water** • **Fresh coffee or breakfast tea** will be served to your table

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

Fresh fruit salad – freshly cut melon, apple and grape
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 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

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|----------------|------------------------------|-----------------------|
| 1. Crustaceans | 6. Cereals containing gluten | 11. Eggs |
| 2. Molluscs | 7. Milk/milk products | 12. Celery & celeriac |
| 3. Fish | 8. Soya | 13. Mustard |
| 4. Peanuts | 9. Sulphur dioxide | 14. Lupins |
| 5. Nuts | 10. Sesame seeds | |