

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

Freshly cut fruit pot
Whole banana
Grapefruit segments

CEREALS

Kellogg's Corn Flakes
Kellogg's Special K
Fresh hot Paddy O's 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