



**Enjoy your breakfast  
at Maldron Hotels**

**maldron**<sup>✿</sup>  
HOTEL  
BELFAST CITY

# Maldron Hotels Breakfast Selection

Breakfast Served 7.00am - 10.00am

Saturday, Sunday & Bank Holidays 7:30am - 10:30am

## Juice Bar

Orange juice (contains allergen 14)

Apple juice (contains allergen 14)

Cranberry juice (contains allergen 14)

Maldron detox water

Fruit smoothie (contains allergens 7, 14)

## Hot Breakfast

Choose from our hot breakfast selection:

Grilled back bacon (contains allergens 2, 13, 14)

Sausage (contains allergens 2, 13, 14)

Black pudding (contains allergens 2, 14)

White pudding (contains allergens 2, 14)

Sauteed mushrooms (contains allergen 7)

Grilled tomatoes

Baked beans (contains allergen 14)

Eggs - scrambled, (contains allergens 4, 7)  
poached or fried (contains allergen 4)

## Gluten Free

Full selection of  
gluten free breakfast treats available

## Vitality Breakfast Selection

Hearty creamy porridge  
(contains allergens 2, 7)

Nuts, seeds, dried fruits  
(contains allergens 10, 12, 14)

Fresh fruit salad

Peeled & sliced fresh  
melon & pineapple

Thick creamy natural yoghurt  
(contains allergen 7)

Fruit compotes

Luxury granola  
(contains allergens 2, 10, 14)



## Breads & Pastries

Farmhouse toasting breads  
(contains allergen 2)

Baked rustic white & multiseed  
bread loaves  
(contains allergen 2)

Home baked brown bread  
(contains allergens 2, 14)

Poppyseed bagels  
(contains allergens 2, 14)

Butter croissants  
(contains allergens 2, 7, 11, 12, 13, 14)

Pain au chocolat  
(contains allergens 2, 7, 11, 12, 13, 14)

Pain au raisin  
(contains allergens 2, 7, 11, 12, 13, 14)

Breakfast muffins  
(contains allergens 2, 7, 11, 12, 13, 14)

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

## Dairy Intolerances

Soya milk available

Prunes  
(contains allergen 14)

Maldron home toasted muesli  
(contains allergens 2, 10, 14)

Selection of popular cereals  
(contains allergens 2, 10)

Grapefruit segments  
(contains allergen 14)

Selection of cheese  
(contains allergen 7)

Sliced continental meats  
(contains allergens 2, 7, 9, 3, 14)



## Food Allergies and Intolerances

When making your order, please speak to our staff about the ingredients in your meal. Please be advised that food allergens are handled in the kitchen. In some cases, allergens may be unavoidably present due to shared equipment or the ingredients used.

### Allergen Index

No.1 Celery,

No.2 Cereals containing Gluten,

No.3 Crustaceans,

No.4 Eggs,

No.5 Fish,

No.6 Lupin,

No.7 Milk,

No.8 Molluscs,

No.9 Mustard,

No.10 Nuts,

No.11 Peanuts,

No.12 Sesame Seeds,

No.13 Soya,

No.14 Sulphur Dioxide.





## Maldron Hotels Vitality Breakfast

### Breakfast and a healthy diet

A good breakfast gets your entire system up and running and will aid concentration throughout the day.

It can also mean less snacking. Choose from high fibre cereals and breads (preferably brown and wholemeal), multigrain porridge with seeds, nuts and fresh fruit or thick yoghurt with fruit compote and fresh fruit. With the Vitality breakfast selection available at Maldron Hotels, a healthier breakfast is guaranteed.

### Children

Ensure your children get a good breakfast to kick-start their day and choose cereal, bread with cheese, scrambled eggs, yoghurt or some fresh fruit.

### Eat plenty of fresh fruit and vegetables

You should aim to eat at least five portions every day. Fruit or raw vegetables make great in-between meal snacks and most are packed full of vitamins and fibre to help you feel good and provide you with energy throughout the day.

### Drink more water

Our bodies need water for survival and hydration, water helps cleanse your system. Drink plenty of it and aim for 8 glasses every day. When your body is slightly dehydrated it can make you feel tired or groggy.

Maldron Hotels breakfast has been specifically designed to offer you all this and more.