

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
Toast

(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 Breakfast Plate

Grilled back bacon,
pork sausage,
country style black and white pudding,
grilled tomato,
sautéed mushrooms,
your choice of eggs:
fried, poached or scrambled,
Potato bread

(Contains allergens 6 wheat, barley, 7, 8, 9, 11)

The Vegan Breakfast

Sautéed mushrooms, thyme
Served on sourdough toast

(Contains allergen 6 wheat)

Scrambled Eggs & Bacon

Served on sourdough toast

(Contains allergen 6 wheat, 9, 11)



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 | |