



**Enjoy your breakfast
at Maldron Hotels**

maldron⁺
HOTEL
GALWAY

Maldron Hotels Breakfast Selection

Breakfast Served 7.30am - 10.00am

Saturday, Sunday, Bank Holidays & School Holidays 7.30am - 11.00am

Juice Bar

- Apple juice (contains allergen 9)
- Orange juice (contains allergen 9)
- Cranberry juice (contains allergen 9)
- Homemade smoothie of the day (contains allergen 9)
- Vitality water

Hot Breakfast

- Grilled pork sausages (contains allergen 6, 8, 9)
- Bacon rashers (contains allergen 6, 8, 9)
- Black & white pudding (contains allergen 6 barley, 9)
- Grilled tomato
- Roasted potatoes (contains allergen 9)
- Baked beans (contains allergen 9)
- Mushrooms (contains allergen 7)
- Scrambled eggs (contains allergen 7, 11)
- Poached eggs & fried eggs available on request (contains allergen 11)
- Pancakes available on request (contains allergen 6,7,9,12)

Bakery

- Baked white bloomer bread (contains allergen 6 wheat)
- Homemade soda bread (contains allergen 6 wheat, 9)
- Croissants (contains allergen 6 wheat, 7, 8, 9, 10, 11)
- Pan au chocolate (contains allergen 6 wheat, 7, 8, 9, 10, 11)
- Pan aux raisin (contains allergen 6 wheat, 7, 8, 9, 10, 11)

Gluten Free Station

Full selection of gluten free breakfast items available:

- White & brown sliced breads
- Rustic granola
- Corn flakes
- Porridge oats

Dairy Intolerances

Soya milk available

Vitality Otions

- Hearty creamy porridge (contains allergen 6 oats)
- Selection of nuts, seeds & dried fruit (contains allergen 5)
Walnuts, hazelnuts, sunflower seeds, pumpkin seeds, mixed seeds, chopped nuts, raisins, cranberries, coconut shavings



- Selection of popular cereals (contains allergen 5, 6 wheat)
Cornflakes, Rice Crispies, Coco Pops, Special K, Bran Flakes, Weetabix, Granola, Swiss muesli
- Continental meats & cheeses (Contains allergens 7,8,12,13)
Sliced salami & chorizo, brie wheel, apple smoked wood cheese, Irish cheddar cheese block
- Fresh fruits & yoghurt (contains allergen 7 oats)
Sliced watermelon, sliced pineapple, fresh fruit salad, fresh selection fruit basket, grapefruit segments, prunes, natural plain yoghurt, strawberry yoghurt, yoghurt berry shots



Allergen Index

1 & 2 Shellfish:

Crustaceans: shrimp (crevette), prawns, crab, crayfish & lobster

Molluscs: clams, cockles, mussels, oysters, octopus, snails, squid (calamari) & scallops

3 Fish

4 Peanuts

5 Nuts:

Almonds, walnuts, pecan nuts, brazil nuts, hazelnuts, cashews, pinenuts
pistachio & macadamia

6 Cereals containing gluten/wheat

7 Milk

8 Soya

9 Sulphur dioxide

10 Sesame seeds

11 Egg

12 Celery & celeriac

13 Mustard

14 Lupin





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.