

# 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, 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

- |                |                              |                       |
|----------------|------------------------------|-----------------------|
| 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             |                       |