

# 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'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

No.1 - Crustaceans	No.6 - Cereals containing gluten	No.11 - Egg
No.2 - Molluscs	No.7 - Milk / milk products	No.12 - Celery & celeriac
No.3 - Fish	No.8 - Soya	No.13 - Mustard
No.4 - Peanuts	No.9 - Sulphur dioxide	No.14 - Lupins
No.5 - Nuts	No.10 - Sesame seeds	