

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



CLAYTON  
HOTELS