

Breakfast

Continental Breakfast

Juice

Orange Juice
Apple juice

Grapefruit Segments

Yoghurt Pot

In various flavors (6.7)

Selection of Bread (1.6.7) (wheat)

Milk

Low fat milk (7)
Soy milk (6)
Almond milk (6.8) (almond)

Pastry

Croissant (1.3.7) (wheat flour)
Assorted Muffins (1.3.6) (wheat)

Fresh Fruit

Apple
Orange
Banana

Butter, Low Low, Jam (7)

Cereals

Cornflakes (1) (barley)
Alpen Muesli (1.7.8) (hazelnut, almond)
Special K (1) (barley)
Coco Pops (1) (barley)
Rice Krispies (1) (barley)
Weetabix (1) (barley)
Hot Porridge (1.3.7) (wheat)

Bewley's Teas and Coffees

Full Irish Breakfast

Pork Sausage (1.6.10.12) (barley)

Bacon

Scrambled Eggs (3.7)

White Pudding

(1.6) (wheat, oatmeal, barley)

Black Pudding (1.6) (barley)

Mushrooms (6.7)

Baked Beans

Hash Browns (6)

Tomato (6)

Food Allergens

1. Cereals containing gluten
2. Crustaceans
3. Eggs
4. Fish
5. Peanuts
6. Soybeans
7. Milk
8. Nuts
9. Celery
10. Mustard
11. Sesame Seed
12. Sulphur Dioxide & Sulphites
13. Lupin
14. Molluscs

All our fresh meat is of 100% traceable Irish origin