

VITALITY BREAKFAST MENU

Hydration Station

Orange Juice *Contains Allergen: 9* Apple Juice *Contains Allergen: 9*
Cranberry Juice *Contains Allergen: 9* Maldron Detox Water
Elderflower Infused Water *Contains Allergen: 9*

Tea & Coffee

Breakfast is complimented by breakfast or herbal tea varieties and a selection of specialty coffees

Porridge

Hearty creamy porridge directly from the kitchen, choose from:

- Almonds & Berries *Contains Allergen: 5 Almond*
- Honey & Cinnamon *Contains Allergen: 7*

Additional Vitality Accompaniments

Nuts *Contains Allergens: 5 Almond, Brazil, Cashew, Hazelnut, Walnut* Seeds *Contains Allergen: 6 Wheat*
Dried Fruits *Contains Allergens: 7,9*

Vitality Pots & Seasonal Specials

Please ask your server

Cereal

Cornflakes *Contains Allergen: 6 Barley* Special K *Contains Allergens: 6 Wheat & Barley*
Weetabix *Contains Allergens: 6 Barley & Wheat* Rice Krispies *Contains Allergen: 6 Barley*
Homemade Muesli *Contains Allergens: 5 Almond, Hazelnut, Pecan, 6 Oat & Barley, 7*
Coco Pops *Contains Allergen: 6 Barley*

Hot Breakfast

Grilled Back Bacon *Contains Allergen: 9* Sausage *Contains Allergens: 6 Wheat, 8, 9*
White Pudding *Contains Allergens 6, Wheat, Oats, Barley, 9, 11* Black Pudding *Contains Allergens: 6 Barley, 9*
Sautéed Mushrooms *Contains Allergen: 7* Hash Brown *Contains Allergen: 9* Grilled Tomatoes
Baked Beans *Contains Allergen: 9*

Eggs

Scrambled Eggs *Contains Allergens: 7, 11* Boiled Eggs, Eggs Poached or Fried *Contains Allergen: 11*
Please order from your server

Bakery *All bakery items may contain allergen 5, Nut Traces*

Toasting Breads *Contains Allergen: 6 Wheat* Selection of Bread Rolls *Contains Allergens: 6 Wheat, 8, 9, 10*
Fresh Soda Bread *Contains Allergens: 6 Wheat, Oats, 7, 8, 9, 12*
Butter Croissant *Contains Allergens: 6 Wheat, 7, 8, 9, 11*
Pain au Chocolait *Contains Allergens: 6 Wheat, 7, 8, 9, 11*
Cinnamon Swirl *Contains Allergens: 5 Nut Traces, 6 Wheat, 7, 11*
Lemon Drizzle Cake *Contains Allergens: 6 Wheat, 7, 8, 9, 11*

All served with a selection of real honey, high fruit content marmalade and gourmet jams

Free From

Gluten Free White Bread *Contains Allergen: 11* Gluten Free Brown Bread *Contains Allergen: 11*
Gluten Free Granola *Contains Allergen: 11* Gluten Free Cornflakes

Plant Based

A selection of vegetarian and vegan items are available on the buffet for you to choose from

Continental

A selection of continental meats and cheeses for you to choose from

Dairy Alternatives

Alpro Almond Milk *Contains Allergen: 5 Almond* Alpro Soya Milk *Contains Allergen: 8*
Alpro Oat Milk *Contains Allergen: 6 Oat*

ALLERGEN INDEX

- | | | | | |
|----------------|------------------------------|-----------------------|-----------------------|-------------|
| 1. Crustaceans | 4. Peanuts | 7. Milk/milk products | 10. Sesame seeds | 13. Mustard |
| 2. Molluscs | 5. Nuts | 8. Soya | 11. Eggs | 14. Lupins |
| 3. Fish | 6. Cereals containing gluten | 9. Sulphur dioxide | 12. Celery & celeriac | |