

# VITALITY BREAKFAST MENU

## Hydration Station

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

## 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*
- Caramelised Banana, Toasted Coconut & Cocoa powder *Contains Allergens: 6, Wheat, 7 Cows Milk*

## 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* Homemade Muesli *Contains Allergens: 5 Almond, Hazelnut, Pecan, 6 Oat & Barley, 7* Coco Pops *Contains Allergen: 6 Barley*  
Crunchy Nut *Contains Allergens: 6 Wheat, Barley, 5 Peanut & Nut Traces*  
Fruit & Fibre *Contains Allergens: 5 Nuts, Coconut and Nut Traces, 6 Wheat* Granola *Contains Allergens: 6 Wheat & Oats, 5 Almond, Hazelnut, Pecan, Brazil, Cashew, Pistachio*

### 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*  
Butter Croissant / Pain au Choccolait *Contains Allergens: 6 Wheat, 7, 8, 9, 11*  
Cinnamon Swirl *Contains Allergens: 5 Nut Traces, 6 Wheat, 7, 11*  
Lemon Drizzle Loaf *Contains Allergens: 6 Wheat, 7, 11*  
Banana Bread *Contains allergens 5 almond, hazelnut, 6 wheat, & oat*

*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 Croissant *Contains Allergens: 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* Alpro Coconut Milk *Contains Allergen: 5 Nut Trace*

#### ALLERGEN INDEX

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