## MEETING ROOM DINING



**MEETINGS** MADE EASY

## **BREAKFAST**

All selections are priced per person

Tea & Coffee	€2.50	Breakfast Baps	€5.50
Tea, Coffee & Fresh Pastries	€5	With a choice of egg, bacon or sausage Contains allergens 5 nuts, 6 wheat, 7, 9, 11	
Selection of morning pastries to include croissants and pains au chocolait Contains allergens 6 wheat, 7,11		Gourmet Sausage Rolls With Ballymaloe relish Contains allergens 4, 5, 6, 7, 8, 9, 10, 11, 13	€3.50
<b>Tea, Coffee &amp; Fresh Scones</b> Plain and fruit scones, jam, cream and be Contains allergens 6 wheat, 7, 11	<b>€5</b> outter	Granola Yoghurt Pots Contains allergens 5 nuts, 6 cereal containing	<b>€3.50</b> gluten
<b>Tea, Coffee &amp; Protein Power Balls &amp;5</b> Contains allergens 4 peanut, 5 nuts, 6 cereal containing gluten, 7, 8		Forest Berry Smoothies Contains allergen 7	€3
		Fresh fruit skewers	€3

## FOR MORE INFORMATION



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## PICK ME UPS

€3 Vit Hit Juices

€.2 Fresh Fruit Salad Pots

€2.50 Flap Jacks, Granola Bars, & Chocolate Brownies

Contains allergens 4 peanuts, 5 nuts

Home Baked Cookies

Chocolate, white chocolate and raspberry Contains allergens 5 nuts, 6 wheat, 7, 11

Chocolate Hit

A small glass of M&M sweets Contains allergens 5 nuts, 6 wheat, 7, 8, 11

Cookie Jar

€8

Selection of freshly baked home-made cookies Contains allergens 5 nuts, 6 wheat, 7, 8, 11

# **LUNCH OPTIONS**



MEETINGS MADE EASY

## **IN-ROOM SELECTION**

All selections are priced per person and include tea or coffee

Selection of Sandwiches & Wraps	€9.50
Contains allergens 3 fish, 6 wheat, 7, 11, 13	

Homemade Soup of the Day €12.50

Homemade Soup of the Day €12.5 & Sandwiches & Wraps

Contains allergens 3 fish, 6 wheat, 7, 11, 13

Home-made Quiche Tartlets **£5.50** 

Contains allergens 6 wheat, 7, 9, 11

Cheese & Meat Platter

€14.50 PER PLATTER

Selection of local meat and cheese with crackers Contains allergens 6, 7, 9, 11, 13

**Selection of mini desserts** Contains allergens 4, 5, 6, 7, 8, 11 €5

## IN GRAIN & GRILL RESTAURANT

All selections are priced per person and include tea or coffee

1 Course Meal	€15
2 Course Meal	€2
3 Course Meal	€2

## **Finger Food**

Selection of sandwiches/wraps, hot and spicy chicken wings, honey and mustard cocktail sausages, crispy coated calamari rings, spicy potato wedges, golden crumbed, chicken goujons, nacho crisps, sweet chilli and sour cream dips Contains allergens 3.4.5.6.7.8.9.11.13

### **ALLERGEN INDEX**

14. Lupins

- 1. Crustaceans 6. Cereals containing gluten 11. Eggs
- Molluscs
   Milk/milk products
   Celery & celeriac
   Hish
   Mustard
- 3. Fish4. Peanuts8. Soya9. Sulphur dioxide
- 5. Nuts 10.Sesame seeds