

Light Snacks

Tea/Coffee & Biscuits	€4.20 pp
Tea/Coffee & Mini Pastries	€6.25 pp
Tea/Coffee, Cookies & Mini-Pastries	€7.30 pp
Tea/Coffee & Crispy Bacon Blaa-guette	€8.95 pp
Tea/Coffee, Fruit Pots/Granola Pots/Smoothies	€9.50 pp
Tea/Coffee, Soft Drinks & Glenown Mini Tubs Ice Cream	€9.50 pp
Tea/ Coffee, Mini Doughnuts, Mini Chocolate Eclairs & Mini Cheesecake	€11.00 pp
Soft Drinks (Coke, Coke Zero, Fanta Orange, Fanta Lemon)	€4.60 pp

Working Lunch

Tea/Coffee & Sandwiches	€13.00pp
Tea/Coffee, Soup of the Day & Sandwiches	€16.25pp

Sandwich Options – Choose 4

- Roast Striploin Beef, Horseradish Mayo & Sliced White Cheddar
- Tuna Mayonnaise, Sweetcorn & Diced Red Onion
- Rosemary Roast Ham, Cheddar Cheese, Skullery Relish & Beef Tomato
- Egg Mayonnaise, Spring Onion & Cucumber
- Chicken Breast, Cajun Mayonnaise, Bell Peppers & Red Onion
- Turkey Crown, Stuffing & Mayonnaise
- Avocado, Beef Tomato & Mozzarella

Upgrade to Gourmet Sandwiches for + €3 pp – Choose 4

- Coronation Chicken Curry Mayonnaise, Sultanas & Pineapple Tortilla Wrap
- Rosemary Roasted Ham, Gruyere Cheese, Pickled Gherkins on Sourdough Bread
- Roasted Mediterranean Vegetables with Basil and Watercress Pesto on Crispy Ciabatta
- Pepper Pastrami, Roasted Red Peppers, Jalapeno Relish & Shredded Baby Gem Lettuce Blaa-guette
- Turkey Crown, Cranberry Sauce & Brie Cheese on Bloomer Bread
- Smoked Salmon, Cream Cheese & Dill on Soda Bread
- Marinated Tofu, Red Onion Marmalade, Grilled Aubergine & Greek Hummus Flatbread

Break Out Snacks – Breakfast

Choose Board 1 or 2, Served with the Below Juices and Energy Shots

€14.50 (pp)

Breakfast Charcuterie Board 1

Sliced Seasonal Fruits & Berries

Local Artisan Cheese & Honey (Contains Allergens 6 Wheat, 7, 10)

Nduja Avocado Sourdough Toast (Contains 6 Wheat, Rye)

Breakfast Charcuterie Board 2

Chia Seed Pudding, Coconut, Pomegranate & Caramelised Banana (Contains Allergens 5 Almonds)

Buttermilk Pancakes, Berry Compote & Orange Honey Butter (Contains Allergens 6 Wheat, Barley, 7, 8, 11)

Overnight Oats, Passionfruit, Greek Yoghurt & Raspberries (Contains 6 Wheat, Oats, 7)

Cold Pressed Juices

Detox Mandarin & Green Tea (Contains Allergens 10)

Berry Boost (Contain Allergens 10)

Beetroot, Pomegranate & Ginger (Contains Allergens 10)

Energy Shots

Acerola, Strawberry, Blackcurrant

Apple, Ginger & Lemon

Pineapple, Turmeric & Black Pepper

Breakout Snacks

Topped Rice Cakes

Choose 2 - €4.50 (pp)

Apple & Cinnamon (Contains Allergens 9)

Peanut Butter & Banana (Contains Allergens 5 Peanut)

Ricotta, Honey & Pistachio (Contains Allergens 5 Pistachio, 7)

Hummus & Cucumber (Contains Allergens 10, 13)

Smashed Avocado & Scallion

Goats Cheese & Walnut (Contains Allergens 3, Walnut 7)

Scones

€5 (pp)

Mini Fruit Scones, Clotted Cream & Preserve (Contains Allergens 5 Hazelnut, 6 Wheat, 7, 8, 11)

Sweet Treats

Choose 3 - €7.50 (pp)

Soured Cream & Blueberry Slice

Irish Cream Choux Bun

Strawberry & White Chocolate Tart

Morello Cherry Bavaois

Mini Victoria Sponge

Mixed Berry Bavaois

Salted Caramel & Orange Tart

Blackcurrant & White Chocolate Cheesecake

Protein Energy Bites

Choose 2 - €5.50 (pp)

Dark Chocolate & Date

Red Berry

Coco & Peanut

Banana & Coco Wraps

Fresh Lemonade & Detox Waters

Choose 2 - €5 (pp)

Traditional Pink

Raspberry

Elderflower

Blueberry

Honey, Lemon & Ginger

Rosemary & Lime

Iced Teas

Choose 2 - €5 (pp)

Iced Peach Tea

Iced Lemon Tea

Kombucha Raspberry & Rosehip

Kombucha Ginger & Lemongrass

Allergen Index: 1 Crustaceans, 2 Molluscs, 3 Fish, 4 Peanuts, 5 Nut, 6 Cereal Containing Gluten, 7 Milk, 8 Soy, 9 Sulphur Dioxide, 10 Sesame Seeds, 11 Egg, 12 Celery & Celeriac, 13 Mustard, 14 Lupin

GF – Gluten Free
V – Vegetarian
VG – Vegan
CA – Coeliac Adaptable