

BREAKFAST A LA CARTE MENU

CONTINENTAL

CORNFLAKES ^{11C}

(May contain gluten from other cereals)

RICE KRISPIES ^{11C}

(May contain gluten from other cereals)

WEETABIX ^{11C}

(May contain gluten from other cereals)

COCOPOPS ^{11C}

(May contain gluten from other cereals)

GLUTEN FREE CEREALS AVAILABLE

FRESH FRUIT SALAD ²

NATURAL YOGURT

HOMEMADE GRANOLA POT ^{2, 9, 11A, 11B, 11C}

NATURAL YOGURT

FRESHLY BAKED BREADS & PASTRIES ^{2, 11A}

SELECTION OF BAKED PASTRIES

GLUTEN FREE BREADS AVAILABLE

ORANGE, APPLE, CRANBERRY, GRAPEFRUIT JUICES

SMOOTHIE OF THE DAY ^{2, 10, 11}

(Contains allergens. Please ask a member of staff for allergens information)

BREAKFAST TEA & FILTERED COFFEE

SELECTION OF HERBAL TEAS INCLUDING GREEN, PEPPERMINT, EARL GREY & CAMOMILE

€10 INCLUDED IN B&B RATE

ORGANIC HOT PORRIDGE ^{2, 11D}

FRESH BERRIES, MIXED SEEDS & LOCAL HONEY

€10 INCLUDED IN B&B RATE

PANCAKE STACK

SEASONAL FRUIT, CRUMBLE, BERRY COMPOTE,
MAPLE SYRUP & SWEETENED CREAM ^{1, 2, 8, 11A}

€12 INCLUDED IN B&B RATE

We cannot guarantee completely allergen free meals due to possible traces of allergens in the working environment and supplied ingredients. Please advise our staff if you have an intolerance or an allergy to a specific type of ingredient.

All prices listed are in €(euro)

B&B rate includes the continental selection and one other item.

CENTRIC SPECIAL

2 SMOKED STREAKY BACON, 1 SAUSAGE, 1 BLACK & WHITE
PUDDING, 1 TOMATO & MUSHROOMS, TOASTED SOURDOUGH,
FREE RANGE EGG OF YOUR CHOICE ^{1, 2, 9, 11A, 11B, 11C, 11D, 13}
(May contain traces of Sesame, Hazelnut and other sources of gluten)

€21 INCLUDED IN B&B RATE

VEGETARIAN

PLANT BASED SAUSAGE, BAKED BEANS, TOMATO &
MUSHROOM, SAUTÉED BABY POTATOES, FREE RANGE EGG
OF YOUR CHOICE ^{1, 2, 8, 11A}
(May contain traces of Sesame, Hazelnut and other sources of gluten)

VEGAN OPTION AVAILABLE ^V

€17 INCLUDED IN B&B RATE

OMELETTE

PLAIN, HAM & CHEESE OR VEGETABLE ^{1, 2}
(May contain traces of Soy and Wheat)

€15 INCLUDED IN B&B RATE

BAKED WAFFLES

CHANTILLY CREAM, TATE & LYLE SYRUP,
PISTACHIO CRUMBLE ^{1, 2, 6, 8, 10G, 11A}

€12 INCLUDED IN B&B RATE

SMOKED SALMON & EGGS

TOASTED SOURDOUGH, SCRAMBLED EGGS ^{1, 2, 3, 4, 5, 8, 11A}
(May contain traces of Sesame, Hazelnut and other sources of gluten)

€17 INCLUDED IN B&B RATE

AVOCADO & TOAST

POACHED EGG, TOASTED SOURDOUGH ^{1, 2, 11A, 11C}
(May contain traces of Sesame, Hazelnut and other sources of gluten)

€15 INCLUDED IN B&B RATE

ALLERGENS

1. Egg 2. Milk 3. Shell Fish 4. Molluscs 5. Fish 6. Peanut 7. Sesame 8. Soy 9. Sulphur Dioxide And Sulphites 10. Nuts: 10A Almond, 10B Hazelnut, 10C Walnut, 10D Cashew, 10E Pecan, 10F Brazil, 10G Pistachio, 10H Macadamia, 11. Cereals (Containing Gluten): 11A Wheat, 11B Rye, 11C Barley, 11D Oats, 11E spelt, 11F Kamut, 12. Celery, 13. Mustard, 14. Lupin

^V Vegan, ^V Vegetarian, ^C Coeliac

