

# VITALITY BREAKFAST MENU



CLAYTON  
HOTELS

# CLAYTON HOTELS BREAKFAST

BREAKFAST SERVED MONDAY - SATURDAY 7.00 AM - 10.30 AM  
SUNDAY & BANK HOLIDAYS 8.00 AM - 11.00 AM

## JUICE BAR

Orange juice *(Contains Allergen 9)*  
Apple juice *(Contains Allergen 9)*  
Cranberry juice *(Contains Allergen 9)*  
Tomato juice *(Contains Allergen 9)*  
Clayton detox water  
Fruit smoothie *(Contains Allergen 9)*

## HOT BREAKFAST

**Choose from our hot breakfast selection:**

Grilled back bacon  
*(Contains Allergen 9)*

Sausage  
*(Contains Allergens 6 wheat, 9)*

Black and white pudding  
*(Contains Allergens 6 barley, 9)*

Sautéed mushrooms  
*(Contains Allergen 7 milk)*

Fried potatoes  
*(Contains Allergen 9)*

Grilled tomatoes

Baked beans  
*(Contains Allergen 9)*

Eggs - scrambled, *(Contains Allergens 7 milk, 11)*  
poached or fried *(Contains Allergen 11)*

## BREADS AND PASTRIES

Farmhouse toasting breads  
*(Contains Allergen 6 wheat)*

Baked rustic white and multiseed bread loaves  
*(Contains Allergen 6 wheat)*

Home made brown bread  
*(Contains Allergen 6 wheat)*

Poppyseed bagels  
*(Contains Allergen 6 wheat)*

Butter croissants  
*(Contains Allergens 6 wheat, 7 milk, 11)*

Pain au chocolat  
*(Contains Allergens 6 wheat, 7 milk, 11)*

Pain aux raisins  
*(Contains Allergens 6 wheat, 7 milk, 11)*

Breakfast muffins  
*(Contains Allergens 6 wheat, 7 milk, 8, 9, 10, 11)*

**All served with a selection of real honey, high fruit content marmalade and G's Irish gourmet jams**

**Gluten Free**  
Full selection of gluten free breakfast treats available

**Dairy Intolerances**  
Soya milk available





Hearty creamy porridge

*(Contains Allergens 6 oats, 7 milk)*

Nuts, seeds, dried fruits

*(Contains Allergens 5 nuts, 6 wheat, 7 milk)*

Thick creamy yoghurt

*(Contains Allergen 7 milk)*

Peeled sliced melons and pineapples

Fruit compotes

Fresh fruit salad

Luxury granola

*(Contains Allergens 5 nuts, 6 wheat, 7 milk)*

Prunes

*(Contains Allergen 9)*

Clayton home toasted muesli

*(Contains Allergens 5 nuts, 6 oats)*

A selection of popular cereals

*(Contains Allergen 5 nuts, 6 wheat)*

Grapefruit segments

*(Contains Allergen 9)*

Selection of cheese

*(Contains Allergens 7 milk, 12)*

Sliced continental meats

*(Contains Allergen 9)*

### **Breakfast and a healthy diet**

A good breakfast gets your entire system up and running and will aid concentration throughout the day.

It can also mean less snacking. Choose from high fibre cereals and breads (preferably brown and wholemeal), multigrain porridge with seeds, nuts and fresh fruit or thick yoghurt with fruit compote and fresh fruit. With the Vitality breakfast selection available at Clayton Hotels, a healthier breakfast is guaranteed.

### **Children**

Ensure your children get a good breakfast to kick-start their day : cereal, bread with cheese, scrambled eggs, yoghurt, or some fresh fruit.

### **Eat plenty of fresh fruit and vegetables**

You should aim to eat at least five portions every day. Fruit or raw vegetables make great in-between meal snacks and most are packed full of vitamins and fibre to help you feel good and provide you with energy.

### **Drink more water**

Our bodies need water for survival and hydration, water helps cleanse your system. Drink plenty of it and aim for 8 glasses every day. When your body is slightly dehydrated it can make you feel tired or groggy.

**Clayton Hotels breakfast is designed to offer you all this and more.**





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HOTELS



OUR HEALTHY  
*Vitality*  
Breakfast  
SELECTION

#### ALLERGEN INDEX

No.1 – Shellfish.  
No.2 – Shellfish,  
No.3 – Fish,  
No.4 – Peanuts,  
No.5 – Nuts,

No.6 – Cereal containing Gluten,  
No.7 – Milk / milk products,  
No.8 – Soya,  
No.9 – Sulphur Dioxide,  
No.10 – Sesame Seeds,

No.11 – Egg,  
No.12 – Celery & Celeriac,  
No.13 – Mustard,  
No.14 – Lupin.

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