

CONFERENCE REFRESHMENTS MENU

MORNING BREAK OPTIONS



MEETINGS
& EVENTS

AFTERNOON BREAK OPTIONS

THE SIGNATURE BREAKS

Selection of teas and coffee with:
(Choose from)
Selection of biscuits
Selection of breakfast pastries
Signature scones with Irish butter & G's Irish fruit jams

THE BREAKFAST BITES

Selection of teas and coffee
any two (choose from)
Tasty bacon baps
Mixed fruit smoothies
Creamy porridge with honey and seeds
Yogurt and granola pots
Fresh fruit skewers
Granola bars
Fresh fruit salad pots

THE WELLNESS BREAK

Selection of teas and coffee
Detox infused Echoz water
any two (choose from)
Mixed fruit smoothies
Vanilla protein shots
Yogurt and granola pots
Fresh fruit skewers
Strawberries and honey yogurt
Granola bars
Fresh fruit salad pots

BEVERAGE LIST

Detox infused Echoz water
Strawberry iced lemonade
Mixed fruit smoothies
Vithit multi vitamin drinks
Venga juices
Flavoured milkshakes

THE COOKIE JAR

Selection of teas and coffee
any two (choose from)
Baked chocolate chip cookie
Rich chocolate brownie bites
Chocolate chunk shortbread
Sultana & cranberry granola bites
Colourful macaroons
Pecan shortbread
Tiffin bites

INDULGENT BREAK

Selection of teas and coffee
any two (choose from)
Zingy Sicilian lemon mini tarts
Eaton mess jars
Chocolate brownies and cream
Fairtrade chocolate bars

THE AFTERNOON PICK ME UP

Selection of teas and coffee
Strawberry iced lemonade
any two (choose from)
Selection of fruit smoothies
Chocolate brownies and cream
Rice cakes with Nutella and peanut butter
Fair trade chocolate bars
Mini jam doughnuts
Toffee popcorn
Zingy Sicilian lemon mini tarts
Cheesecake in a jar

for more information please contact
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