

MEETING REFRESHMENTS MENU

THE SIGNATURE BREAKS

Tea and Coffee with;

Choose from:

Selection of homemade cookies (milk & dark chocolate chip or white chocolate chip raspberry cookies)
(contains allergens 6 wheat, 7,11 eggs)

€5.00

Selection of assorted pastries
(contains allergens 6 wheat,7,11 eggs)

€6.50

Homemade scones with Irish butter & G's Irish fruit jams (choose from plain, fruit, raspberry & white chocolate)
(contains allergens 6 wheat, 7, 11 eggs)

€6.50



THE WELLNESS BREAK

€12.00

Tea and coffee, detox infused Echoz water and orange juice with;

Choose from 3 of below:

Mixed fruit granola glasses *(contains allergens 6 wheat, 7)*

Chocolate protein shake OR Mango protein shake
(contains allergens 6 wheat, 7)

Mango & berry smoothies *(contains allergen 7)*

Flapjack bars *(contains allergens 6 wheat, 11 eggs)*

Caramel & porridge bars *(contains allergens 6 wheat, 11 eggs)*

White chocolate chip & raspberry scones *(contains allergens 6 wheat, 7, 11 eggs)*

Blueberry & yoghurt muffins *(contains allergens 6 wheat, 7, 11 eggs)*

Assorted pastries *(contains allergens 6 wheat, 7, 11 eggs)*

Fruit salad pots



THE AFTERNOON PICK ME UP

€12.00

Tea and coffee, detox infused Echoz water and orange juice with;

Choose from 3 below

Assorted macarons *(contains allergens 5 nuts, 7, 11 eggs)*

Classic eggs Benedict *(contains allergens 6 wheat, 7, 9, 11 eggs)*

Gourmet sandwiches on bloomer bread *(contains allergens 5 nuts, 6 wheat, 7,9,11,12,13)*

Blueberry & yogurt muffins *(contains allergens 6 wheat, 7,9,11 eggs)*

White chocolate chip & raspberry scones
(contains allergens 6 wheat,7,11 eggs)



WORKING LUNCH

€15.00

Served directly to your meeting room

Tea and coffee, detox infused Echoz water and orange juice with;

Mini beef sliders *(contains allergens 6 wheat, 7,11 eggs)*

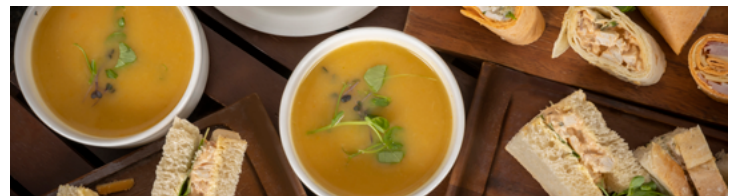
Chicken croquettes *(contains allergens 6 wheat, 7,11 eggs)*

Mixed savoury quiche *(contains allergens 6 wheat, 7,11, eggs, 12)*

Aritsan cheese selection *(contains allergen 7)*

Gourmet open sandwiches & wraps *(contains allergens 5 nuts, 6 wheat, 7,9,10,11 eggs,12,13)*

Chocolate chip, raspberry & white chocolate chip cookies *(contains allergens 5 almond, 6 wheat, 7, 11 eggs)*



SOUP & SANDWICHES

€15.00

Served directly to your meeting room or in the main hotel restaurant, with freshly brewed tea or coffee

Homemade soup with a selection of gourmet sandwiches on bloomer bread and a selection of wraps *(contains allergens 5 nuts, 6 wheat, 7,9,11 eggs, 12,13)*

FURTHER LUNCH OPTIONS

Served in the main hotel restaurant

Pre-order at morning break taken

A main course only

€19.00

Two course menu

€25.00

Three course menu

€30.00

Tea and Coffee served with all above menus

(Delegates have a choice of 3 main courses on all above includes vegetarian option)