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

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)
Aritosan 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, 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)

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 macaroons (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)