

VITALITY BREAKFAST MENU

Hydration Station

Orange Juice *Contains Allergens: 9* Apple Juice *Contains Allergens: 9*
Selection of Fruit Juices Detox Water Fruit Smoothies *Contains Allergens: 7.*

Tea & Coffee

Breakfast is complimented by teas, breakfast or herbal varieties and a selection of specialty

Porridge

Hearty creamy porridge directly from the kitchen, choose from:

- Stewed Apple & Toasted Nuts *Contains Allergens: 5 Almond, Brazil, Cashew, Hazelnut, Walnut, 7*
- Honey, Berries & Cinnamon *Contains Allergens: 5 Almond, Brazil, Cashew, Hazelnut, Walnut, 7*
- Espresso & Cocoa Nibs *Contains Allergens: 7*

Additional Vitality Accompaniments

Nuts *Contains Allergens: 5 Almond, Brazil, Cashew, Hazelnut, Walnut* Seeds *Contains Allergens: 6 Wheat*
Dried Fruits *Contains Allergens: 7,9*

Vitality Pots & Seasonal Specials

Please ask your server

Cereal

Cornflakes *Contains Allergens: 6 Barley* Special K *Contains Allergens: 6 Wheat & Barley*
Weetabix *Contains Allergens: 6 Barley & Wheat* Homemade Muesli *Contains Allergens: 5 Almond, Hazelnut, Pecan, 6 Oat & Barley, 7* Coco Pops *Contains Allergens: 6 Barley* Crunchy Nut *Contains Allergens: 6 Wheat, Barley, 5 Peanut & Nut Traces*
Fruit & Fibre *Contains Allergens: 5 Nuts, Coconut and Nut Traces, 6 Wheat*
Granola *Contains Allergens: Oats, 5 Almond, Hazelnut, Pecan, Brazil, Cashew, Pistachio & 6 Wheat*

Hot Breakfast

Grilled Back Bacon Sausage *Contains Allergens: 6 Wheat, 9* White pudding *Contains Allergens: 6 oats, barley, 9, 11*
Black Pudding *Contains Allergens: 6 Barley, 9* Sautéed Mushrooms *Contains Allergens: 7* Baked Beans *Contains Allergens: 9* Sautéed Potato Grilled Tomatoes

Eggs

Scrambled Eggs *Contains Allergens: 7, 11* Boiled Eggs, Eggs Poached or Fried *Contains Allergens: 11*
Please order from your server

Bakery **All Bakery Items may contain allergen 5, Nut Traces**

Toasting Breads *Contains Allergens: 6 Wheat* White Bloomer *Contains Allergens: 6 Wheat*
Butter Croissant / Pain au Chocolait *Contains Allergens: 6 Wheat, 7, 11*
Cinnamon Swirl *Contains Allergens: 5 Nut Traces, Almond, Pea, 6 Wheat, 7, 11* Banana Bread *Contains Allergens: 6 Wheat, 7, 11*
Lemon Drizzle Loaf *Contains Allergens: 6 Wheat, 7, 11*

All served with a selection of real honey, high fruit content marmalade and gourmet jams

Free From

Gluten Free Cornflakes Gluten Free Brown Bread *Contains Allergens: 11*
Gluten Free White Bread *Contains Allergens: 11* Gluten Free Croissant *Contains Allergens: 11*

Plant Based

A selection of vegetarian and vegan items are available on the buffet for you to choose from

Continental

A selection of continental meats and cheeses for you to choose from

Dairy Alternatives

Alpro Almond Milk *Contains Allergens: 5 Almond* Alpro Soya Milk *Contains Allergens: 8*
Alpro Oat Milk *Contains Allergens: 6 Oat* Alpro Coconut Milk *Contains Allergens: 5 Nut Trace & Coconut*

ALLERGEN INDEX

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|----------------|------------------------------|-----------------------|-----------------------|
| 1. Crustaceans | 4. Peanuts | 7. Milk/milk products | 10. Sesame seeds |
| 2. Molluscs | 5. Nuts | 8. Soya | 11. Eggs |
| 3. Fish | 6. Cereals containing gluten | 9. Sulphur dioxide | 12. Celery & celeriac |
| | | | 13. Mustard |
| | | | 14. Lupins |

FEATURED IRISH SUPPLIERS

Loughnan's of Galway & McCarran Meats
Here at Clayton hotel, we are proud to support local Irish produce. We work together with the Irish food board, Bord Bia, to ensure your breakfast its ingredients are genuinely Irish. Your traditional Irish cooked breakfast is brought to you from wonderful meat suppliers in Co. Galway, your sausages and black & white pudding are supplied by Loughnan's of Galway. A fourth generation Galway based butchers who are specialist sausage and pudding makers.

Your bacon is provided by McCarran Meats, Ireland's oldest pork processor with produce sourced from a 40km radius of the McCarran family, ensuring provenance and taste.

We source fresh eggs from Co. Monaghan to bring you scrambled, fried, poached any way you like them.
At Clayton Hotels you can be assured that your full Irish is fully Irish.