

ENJOY YOUR BREAKFAST

gluten free
options available
just ask your server

juices orange juice, apple juice (contains allergen 9) · **filter water** · **fresh coffee or breakfast tea** will be served to your table

VITALITY BREAKFAST SELECTION

BREAD & PASTRIES

high fibre brown bread
croissant
pain au chocolat
(contains allergens 6 wheat, 7, 8, 9, 10, 11)

CHEESE & YOGURT

irish & continental cheese selection
irish killowen farm yogurt selection
(contains allergen 7)

FRUIT

freshly cut fruit pot
whole banana
grapefruit segments

CEREALS

kellogg's corn flakes
kellogg's special k
fresh hot paddy's porridge
quality irish granola
(contains allergens 5 almonds, nut traces, 6 wheat, oats)



HOT BREAKFAST SELECTION

THE IRISH BREAKFAST PLATE

grilled back bacon,
irish pork sausage,
country style black and white pudding,
grilled tomato,
sautéed mushrooms,
your choice of eggs:
fried, poached or scrambled,
toast
(contains allergens 6 wheat, barley, 7, 8, 9, 11)

THE VEGAN BREAKFAST

grilled ciabatta,
sautéed mushrooms,
thyme
(contains allergen 6 wheat)

SCRAMBLED EGGS & BACON

served on sourdough toast
(contains allergen 6 wheat, 9, 11)

CHEFS DAILY BREAKFAST SPECIAL

just ask your server



ALLERGEN INDEX

no.1 – crustaceans	no.6 – cereals containing gluten	no.11 – egg
no.2 – molluscs	no.7 – milk / milk products	no.12 – celery & celeriac
no.3 – fish	no.8 – soya	no.13 – mustard
no.4 – peanuts	no.9 – sulphur dioxide	no.14 – lupins
no.5 – nuts	no.10 – sesame seeds	

the gibson hotel