



## Refreshment Breaks

### good morning

#### **breakfast bap €15**

warm breakfast bap with spiced sausage, egg & bacon  
selection of mini pastries

#### **fresh start €16**

chilled mixed berry smoothies  
fresh fruit pots  
granola pots, natural yoghurt & berry compote  
selection of mini pastries

#### **the continental €18**

selection of artisan cheese  
sliced salami & prosciutto ham  
olives & crudites  
selection of mini pastries

home baked mega cookies €7

selection of freshly baked mini pastries €8

### afternoon boosts

#### **indulgence €12**

millionaire shortcake, chocolate fudge brownies, pastel de nata

#### **traditional tea break €12**

mini scones served with strawberry preserve & whipped cream  
lemon drizzle loaf

#### **energiser €15**

pistachio protein bites, cranberry & apple squares, carrot cake  
mixed nuts, fruit skewers

#### **savoury break €18**

mini sausage rolls, sweet potato falafel  
irish beef sliders & matured cheddar  
oriental chicken parcel

**all of our breaks include freshly brewed tea, filtered coffee and a  
selection of herbal teas**



**Working lunch €28 per person – maximum 40 Pax**

*Selection of sandwiches, wraps, gourmet salads, sweet treats, tea / coffee*

*sample sandwich / wrap fillings -chef's choice minimum 3*

roast chicken, rocket, mayo

(allergen 6, 7, 8)

tuna, red onion, plum tomato

(allergen 3, 6, 7)

ham, dublin cheddar, dijon mayo

(allergen 6, 7, 11, 13)

Mediterranean roast vegetable, pesto

*sample salad selection – chef's daily choice minimum 2*

broccoli salad with french beans, cherry tomatoes,

mixed leaves, honey mustard dressing

(allergen 13)

caesar salad, baby gem, parmesan and garlic croutons

(allergen 3, 6, 7, 8, 11, 13)

greek, baby gem, tomatoes, cucumber, black olives & feta cheese

(allergen 7)

fusilli pasta, chorizo, red pepper, red onion, cherry tomatoes & basil oil

(allergen 6)

sweet potato salad, baby spinach, goats' cheese, toasted walnuts & lime dressing

(allergen 5, 7, 13)

*sweet treats – selection of brownie, caramel shortcake, blondie squares, custard tarts*



### **Buffet Lunch – minimum 25 pax**

**€30 per person – choose 2 main course options, tea & coffee**

**Add soup to start €5 person**

**Add selection of deserts €5 per person**

#### **Main Course Selection**

thai red chicken curry flavoured with coconut and chilli (allergen 8)

crispy chilli irish beef, spring onion & red kidney beans (allergen 7, 11, 12)

stroganoff of irish beef, braised with peppers, mushrooms in a creamy sauce (allergen 7, 8, 13)

indian butter chicken flavoured with cumin, tomato & coriander (allergen 7)

braised irish beef stew, roast root vegetables (allergen 7, 8, 9)

baked chicken supreme, wild mushroom sauce & champ (allergen 6 wheat, 7, 9)

seared fillet of salmon with plum tomato caponata (allergen 3 salmon, 8)

baked fillet of sea bass, herb & lemon cous cous & vierge dressing (allergen 3 sea bass, 6 wheat)

thai red sweet potato curry flavoured with coconut and chilli (allergen 8)

roast butternut squash tagine, lemon & herb cous cous, chilli & coriander (allergen 6, 8)

yellow split pea indian dahl, served with naan bread (allergen 6 wheat, 8)

**served with seasonal vegetables, rice or potato & salad**

### **2 Course Tea & Coffee – Maximum 25 pax**

**€28 per person –**

**2 course options, tea & coffee**

thai red chicken curry flavoured with coconut and chilli (allergen 8)

steak sandwich, irish beef striploin, ciabatta, red onion, marmalade, rocket leaves, mustard mayo,  
served with skinny fries (allergen 6 wheat, 7,8,11,13)

superfood with prawn, spiced bulgur wheat, avocado, spinach, pomegranate, blueberries, lemon  
dressing (allergen 1, 6 wheat, 7)

**sweet treats – selection of brownie, caramel shortcake, blondie squares, custard tarts**

Allergen Index

No1	Crustaceans
No2	Molluscs
No3	Fish
No4	Peanuts
No5	Nuts (specify nut)
No6	Cereal containing gluten
No7	Milk/milk products
No8	Soya
No9	Sulphur dioxide
No10	Sesame seeds
No11	Egg
No12	Celery and Celeriac
No13	Mustard
No14	Lupin