



2019/20 Refreshment Menu

Freshly Brewed Tea & Coffee	€3.95
Freshly Brewed Tea & Coffee & Assorted biscuits	- €5.50
Freshly Brewed Tea & Coffee & Scones	€7.50
Freshly Brewed Tea & Coffee & Pastries	- €7.50
Tea/ Coffee Cookie Stone	€6.50
Chocolate Chunk & Oatmeal And Raisin Cookies	
Strawberry Bed Farm	- €9.95
Banana Bread	
Chocolate & Hazelnut Mini Muffins	
Warm Scones With Fruit Preserves & Cream	
Freshly Brewed Tea & Coffee	
Selection Of Herbal & Fruit Teas	
Healthy Start	- €9.95
Home Made Banana & Maple Parfait	
Goji Berry Loaf	
Pear Smoothie	
Freshly Brewed Decaf & Regular Coffee	
Selection Of Herbal & Fruit Teas	
Breakfast Bap	- €9.95
Bacon, Sausage, Egg Muffin	
<i>Tomato Relish</i>	
Refresher	€11.95
Lemon & Ginger Shooter	
Apple Protein Bar	
Chocolate Almonds	
Fruit & Plain Flapjacks	
Selection Of Herbal & Fruit Teas	
Energiser Break	€14.50
Vit Hit Selection	
Protein Bars	
Veg Out Drinks	
Sugar Fix	
Fruit Bowl	

Hearty Helping**€14.50**

Hummus With Toasted Pita Chips
Mediterranean Focaccia
Pretzel
Freshly Brewed Tea & Coffee

Continental Break**€11.95 -****€11.95**

Ham & Gruyere Cheese Paninis
Mini Victoria Sponge
Freshly Brewed Tea & Coffee
Selection Of Herbal & Fruit Teas

Sweet Selection**€7.95**

Carrot Cake
Spicy Pear & Toffee Tray Bake
Sicilian Lemon Tarts
Freshly Brewed Tea & Coffee
Selection Of Herbal & Fruit Teas

Additional extras

Add fruit skewers to any of the above option for - €2.95 p.p

Smoothie shots - €2.95 p.p

Whole fruit bowl €25 (caters for 10) - €25