



2019/20 Refreshment Menu

Freshly Brewed Tea & Coffee	€3.95
Freshly Brewed Tea & Coffee & Assorted biscuits	€4.95
Freshly Brewed Tea & Coffee & Scones	€6.95
Freshly Brewed Tea & Coffee & Pastries	€6.95
Tea/ Coffee Cookie Stone	€6.00
Chocolate Chunk & Oatmeal And Raisin Cookies	
Strawberry Bed Farm	€9.00
Banana Bread	
Chocolate & Hazelnut Mini Muffins	
Warm Scones With Fruit Preserves & Cream	
Freshly Brewed Tea & Coffee	
Selection Of Herbal & Fruit Teas	
Healthy Start	€9.00
Home Made Banana & Maple Parfait	
Goji Berry Loaf	
Pear Smoothie	
Freshly Brewed Decaf & Regular Coffee	
Selection Of Herbal & Fruit Teas	
Breakfast Bap	€9.50
Bacon, Sausage, Egg Muffin	
<i>Tomato Relish</i>	
Refresher	€11.00
Lemon & Ginger Shooter	
Apple Protein Bar	
Chocolate Almonds	
Fruit & Plain Flapjacks	
Selection Of Herbal & Fruit Teas	
Energiser Break	€13.00
Vit Hit Selection	
Protein Bars	
Veg Out Drinks	
Sugar Fix	

Fruit Bowl

Hearty Helping

€13.00

Hummus With Toasted Pita Chips

Mediterranean Focaccia

Pretzel

Freshly Brewed Tea & Coffee

Continental Break

€11.00

Ham & Gruyere Cheese Paninis

Mini Victoria Sponge

Freshly Brewed Tea & Coffee

Selection Of Herbal & Fruit Teas

Sweet Selection

€7.00

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 €2pp

Smoothie shots - €2pp

Whole fruit bowl €25 (caters for 10)