



2022 Refreshment Menu

Freshly Brewed Tea & Coffee	€3.95
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
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 €2.95pp

Smoothie shots - €2.95pp

Whole fruit bowl €25 (caters for 10)

Key to Allergens:

1 & 2. Shellfish 3. Fish 4. Peanuts
5. Nuts 6. Gluten 7. Milk
8. Soya 9. Sulphur Dioxide 10. Sesame Seeds
11. Eggs 12. Celery & Celeriac 13. Mustard
14. Lupin