

3 Innovate your Breakfast Bag/ Breakfast to Go Food Menu



Grab and go snack options

- ▶ Walnut, pumpkin seed and chocolate muesli bar
- ▶ Oatmeal and cranberry cookie
- ▶ Chia seed pudding
- ▶ Dark chocolate with almonds
- ▶ Power bar
- ▶ Fruit leather (i.e. dehydrated fruit) made in house



Ham & cheese croissant, muffin, granola pot

Honey roast ham & Emmental croissant

Large muffin



BLT bap, pastry, yogurt pot

BLT with honey mustard dressing in a cereal bap

Croissant



Salmon bap, pastry, granola pot

Smoked salmon cereal bap with avocado, spinach & lemon

Pain au chocolat



Breakfast burrito, kombucha

Walnut, pumpkin seed and chocolate muesli bar



Gubbeen chorizo hash with spinach, poached free range egg and kefir

Flapjack



Eggless breakfast frittata with sweet potato and Ballyhoura mushrooms

Dairy free smoothies and chia seed pudding

Don't forget to include your Signature Breakfast Drinks menu here to include:

Tea infusions, speciality 'Bean to Cup' coffees, still, sparkling and flavoured waters as well as your choice of healthy juices & daily Smoothie specials to prompt upselling opportunities.