

# VITALITY BREAKFAST MENU

## Hydration Station

Orange Juice    *Contains Allergen: 9*    Apple Juice    *Contains Allergen: 9*  
Selection of Fruit Juices    Detox Water    Fruit Smoothies    *Contains Allergen: 7*

## Tea & Coffee

## Porridge

Hearty creamy porridge directly from the kitchen, choose from:

- Stewed Apple & Toasted Nuts    *Contains Allergen: 5 Almond, Brazil, Cashew, Hazelnut, Walnut, 7*
- Honey, Berries & Cinnamon    *Contains Allergen: 5 Almond, Brazil, Cashew, Hazelnut, Walnut, 7*
- Espresso & Cocoa Nibs    *Contains Allergens: 7*

## Additional Vitality Accompaniments

Nuts    *Contains Allergens: 5 Almond, Brazil, Cashew, Hazelnut, Walnut*    Seeds    *Contains Allergen: 6 Wheat*  
Dried Fruits    *Contains Allergens: 7,9*

## Vitality Pots & Seasonal Specials

Please ask your server

## Cereal

Cornflakes    *Contains Allergen: 6 Barley*    Special K    *Contains Allergens: 6 Wheat & Barley*  
Weetabix    *Contains Allergens: 6 Barley & Wheat*    Homemade Muesli    *Contains Allergens: 5 Almond, Hazelnut, Pecan, 6 Oat & Barley, 7*    Coco Pops    *Contains Allergen: 6 Barley*  
Crunchy Nut    *Contains Allergens: 6 Wheat, Barley, 5 Peanut & Nut Traces*  
Fruit & Fibre    *Contains Allergens: 5 Nuts, Coconut and Nut Traces, 6 Wheat*    Granola    *Contains Allergens: 6 Wheat & Oats, 5 Almond, Hazelnut, Pecan, Brazil, Cashew, Pistachio*

## Hot Breakfast

Grilled Back Bacon    *Contains Allergen: 9*    Sausage    *Contains Allergens: 6 Wheat, 8, 9*  
White Pudding    *Contains Allergens 6, Wheat, Oats, Barley, 9, 11*    Black Pudding    *Contains Allergens: 6 Barley, 9*  
Sautéed Mushrooms    *Contains Allergen: 7*    Grilled Tomatoes  
Baked Beans    *Contains Allergen: 9*

## Eggs *Please order from your server*

Scrambled Eggs    *Contains Allergens: 7, 11*    Boiled Eggs, Eggs Poached or Fried    *Contains Allergen: 11*

## Bakery    *All bakery items may contain allergen 5, Nut Traces*

Toasting Breads    *Contains Allergen: 6 Wheat*    White Bloomer    *Contains Allergen: 6 Wheat*  
Butter Croissant / Pain au Chocolatit    *Contains Allergens: 6 Wheat, 7, 8, 9, 11*    Soda Bread    *Contains Allergen: 6 Wheat*  
Cinnamon Swirl    *Contains Allergens: 5 Nut Traces, 6 Wheat, 7, 11*    Banana Bread    *Contains allergens 5 almond, hazelnut, 6 wheat, & oat*  
Lemon Drizzle Loaf    *Contains Allergens: 6 Wheat, 7, 11*

*All served with a selection of real honey, high fruit content marmalade and gourmet jams*

## Free From

Gluten Free Cornflakes    Gluten Free Brown Bread    *Contains Allergen: 11*  
Gluten Free White Bread    *Contains Allergen: 11*    Gluten Free Croissant    *Contains Allergens: 11*

## Plant Based

A selection of vegetarian and vegan items are available on the buffet for you to choose from

## Continental

A selection of continental meats and cheeses for you to choose from

## Dairy Alternatives

Alpro Almond Milk    *Contains Allergen: 5 Almond*    Alpro Soya Milk    *Contains Allergen: 8*  
Alpro Oat Milk    *Contains Allergen: 6 Oat*    Alpro Coconut Milk    *Contains Allergen: 5 Nut Trace*

### ALLERGEN INDEX

- |                |                              |                       |                       |             |
|----------------|------------------------------|-----------------------|-----------------------|-------------|
| 1. Crustaceans | 4. Peanuts                   | 7. Milk/milk products | 10. Sesame seeds      | 13. Mustard |
| 2. Molluscs    | 5. Nuts                      | 8. Soya               | 11. Eggs              | 14. Lupins  |
| 3. Fish        | 6. Cereals containing gluten | 9. Sulphur dioxide    | 12. Celery & celeriac |             |