

breakfast in bed

allergen listings

CONTINENTAL

The following items from this section contain allergens

White Toast
wheat, soybean

Brown Toast
wheat, soybean

Gluten Free Toast
sulphites

Homemade Brown Bread
wheat, barley, oats, dairy

Homemade Pastries
wheat, egg, dairy, nuts, sesame

Corn Flakes
barley

Weetabix
wheat, barley, oats

Coco Pops
barley

Special K
barley

All Bran
wheat, barley

Alpen
wheat, oats, dairy,
hazelnut, almond

Fruit & Fibre
wheat, hazelnut

Milk Porridge
oats, dairy, almond

Gluten Free Porridge
oats, dairy, almond

Vegan Porridge
oats, almond

Full Fat Milk
dairy

Skimmed Milk
dairy

Soya Milk
soybean

Almond Milk
almond

Oat Milk
oats

FULL IRISH BREAKFAST

The following items from this section contain allergens

Fried Eggs
egg, soyabean

Poached Eggs
egg, sulphites

Scrambled Eggs
egg, dairy

Boiled Eggs
egg

White Pudding
wheat, barley, oats

Black Pudding
wheat, barley, oats, dairy

Sausages
wheat, sulphites

Irish Bacon
sulphites

Potato
dairy

Mushroom
celery

Egg Benedict
wheat, eggs dairy, sulphites

Pancake
wheat, egg, soybean, dairy,

BREAKFAST BEVERAGES

The following items from this section contain allergens

Latte
dairy

Cappuccino
dairy

Hot Chocolate
dairy