

breakfast in bed

allergen listings

CONTINENTAL

The following items from this section contain allergens

White Toast

wheat, soya

Brown Toast

wheat, soya

Gluten Free Toast

sulphites

Homemade Brown Bread

wheat, barley, oats, milk

Homemade Pastries

wheat, egg, milk, nuts, sesame

Corn Flakes

barley

Weetabix

wheat, barley, oats

Coco Pops

barley

Special K

barley

All Bran

wheat, barley

Alpen

wheat, oats, milk,
hazelnut, almond

Fruit & Fibre

wheat, hazelnut

Milk Porridge

oats, milk, almond

Gluten Free Porridge

oats, milk, almond

Vegan Porridge

oats, almond

Full Fat Milk

milk

Skimmed Milk

milk

Soya Milk

soya

Almond Milk

almond

Oat Milk

oats

FULL IRISH BREAKFAST

The following items from this section contain allergens

Fried Eggs

egg, soya

Poached Eggs

egg, sulphites

Scrambled Eggs

egg, milk

Boiled Eggs

egg

White Pudding

wheat, barley, oats

Black Pudding

wheat, barley, oats, milk

Sausages

wheat, sulphites

Irish Bacon

sulphites

Potato

milk

Mushroom

celery

Egg Benedict

wheat, egg, milk, sulphites

Pancake

wheat, egg, soya, milk

BREAKFAST BEVERAGES

The following items from this section contain allergens

Latte

milk

Cappuccino

milk

Hot Chocolate

milk