

BAY LOUNGE

Healthy Start Menu



Allergen

1. *Gluten*
2. *Crustaceans*
3. *Eggs*
4. *Fish*
5. *Peanuts*
6. *Soya-beans*
7. *Milk*
8. *Nuts*
9. *Celery*
10. *Mustard*
11. *Sesame Seeds*
12. *Sulphur Dioxide and Sulphates*
13. *Lupine*
14. *Mollusc*



Healthy Start Breakfast

Served Monday to Sunday
From 8:00am to 11:30am

Selection of Freshly Baked Mini Croissants €2.50

Contains: 1,7,3

Selection of Freshly Baked Mini Pastries €2.50

Contains: 1,7, 3

Freshly Baked Fruit or Plain Scones €3.50

Served with Preserves, Clotted Cream and Butter

Contains: 1,7

Brown or White Toast €2.50

Served with Preserves and Butter

Contains: 1,7, 6

Porridge €3.50

Served with Milk and Honey

Contains: 7, 6

Fresh Fruit Salad €3.00

Juices €3.00

(Orange, Apple, Cranberry, Grape Fruit)

Coffee Selection

Cappuccino €3.55

Café Latte €3.55

Espresso €2.00

Double Espresso €2.50

Mocha €3.55

Americano €2.75

Hot Chocolate €3.50

Pot of Filtered Coffee €5.50

Pot of Tea for One €3.70

Pot of Tea for Two €5.00

Selection of Ronnefeldt Tea

All Teas €3.70

Irish Breakfast

Decaffeinated

Green Tea

Assam

Red Berries

Verbena

Camomile

Earl Grey

Peppermint

Lemon Sky