

VITALITY BREAKFAST MENU

HYDRATION STATION

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

TEA & COFFEE

Breakfast is complimented by teas, breakfast or herbal varieties and a selection of specialty coffees

PORRIDGE

Hearty creamy porridge directly from the kitchen, choose from:

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

ADDITIONAL VITALITY ACCOMPANIMENTS

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

VITALITY POTS & SEASONAL SPECIALS

Please ask your server

CEREAL

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

HOT BREAKFAST

Grilled Back Bacon Sausage *Contains Allergens: 6 Wheat, 9* Sautéed Potato Grilled Tomatoes
White pudding *Contains Allergens 6, wheat, oats, barley, 9, 11* Black Pudding *Contains Allergens: 6 Barley, 9*
Sautéed Mushrooms *Contains Allergens: 7* Baked Beans *Contains Allergens: 9*

EGGS *Please order from your server*

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

BAKERY *All Bakery Items may contain allergen 5, Nut Traces*

Toasting Breads *Contains Allergens: 6 Wheat* White Bloomer *Contains Allergens: 6 Wheat*
Butter Croissant / Pain au Chocolait *Contains Allergens: 6 Wheat, 7, 11*
Cinnamon Swirl *Contains Allergens: 5 Nut Traces, 6 Wheat, 7, 11*
Banana Bread *Contains allergens 5 almond, hazelnut, 6 wheat, & oat*

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 Allergens: 11*
Gluten Free White Bread *Contains Allergens: 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 Allergens: 5 Almond* Alpro Soya Milk *Contains Allergens: 8*
Alpro Oat Milk *Contains Allergens: 6 Oat* Alpro Coconut Milk *Contains Allergens: 5 Nut Trace*

ALLERGEN INDEX

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|----------------|------------------------------|-----------------------|-----------------------|-------------|
| 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 | |