



# BREAKFAST MENU

Energy Cereal Bar (Gluten Free).....	€2.00
Fruit & Nut Granola with Skimmed Milk.....	€3.00/ €3.40
Fruit & Nut Granola with Low-fat Yogurt & Fresh Fruit Salad.....	€4.00/ €4.50
Home-made Muesli with Apple, Banana & Skim Milk.....	€3.50/ €3.95
Fresh Fruit Salad.....	€2.50 / €3.50 / €4.50
Croissants, Muffins, Scones (Served with Butter & Jam).....	€1.50 / €1.50/ €1.50

# TOASTED BAGELS

- Grilled Cheddar, Mixed Salad & Caesar Dressing..... €5.00 / €5.65  
Add Cajun Chicken..... €1.00 extra
- Basil Pesto, Sun-dried Tomato Paste,  
Low-fat Cream Cheese & Lettuce..... €5.00/ €5.65  
Add Chicken Or Bacon..... €1.00 extra
- Hummus, Roasted Vegetables, Seeds, Pesto & Lettuce..... €5.50/€6.25  
Add Feta Cheese..... €0.70 extra
- Smoked Ham, Egg Mayo, Tomato & Melted Cheese..... €5.00/ €5.65
- Tuna, Caesar, Sundried Tomato Paste, Melted Swiss,  
Onion & Rocket..... €5.50/ €6.25
- Cajun Chicken, Caesar Dressing, Tomato & Melted Cheddar €5.50/ €6.25
- Crispy Bacon, Tomato, Lettuce & Mayonnaise..... €5.00/ €5.65
- Irish Smoked Salmon, Cream Cheese, Tomato, Onion  
& Lemon Dressing..... €5.90/ €6.70
- Cinnamon & Raisin Bagel..... €1.90  
With Cream Cheese..... €3.00