



BREAKFAST

*Super charge your physical and mental performance with a delicious continental or full Irish breakfast.
The full-Irish from the best of Irish!*

Full Irish Buffet Breakfast

McCarren Crispy Bacon, Loughnane's Pork Sausage,
Clonakilty Black & White Pudding, Mushrooms, Tomatoes,
Hash Browns & Scrambled Egg
Served with Toast, Homemade Scones,
Soda Bread & Selection of Danish
Fresh Fruit & Granola
Variety of Fruit Juices
Herbal & Irish Breakfast Tea & Freshly Brewed Coffee

Plated Full Irish Breakfast

Loughnane's Pork & Chive Sausage, McCarren Crispy Bacon,
Clonakilty Black & White Pudding, Mushrooms, Tomato,
Hash Browns & Scrambled Egg
Served with Toast
Orange Juice
Herbal & Irish Breakfast Tea & Freshly Brewed Coffee

Continental Breakfast

Fresh Fruit Pots with Natural & Greek Yoghurt,
Granola & Fresh Fruit Skewers
Baker's Basket filled with Home Baked Scones,
Croissants & Danish Pastries
Assorted Fresh Juices
Herbal & Irish Breakfast Tea & Freshly Brewed Coffee



REFRESH BREAKS

Choose from our refreshing break options available throughout the day and boost your productivity!

All Day Options

Irish Breakfast & Herbal Tea Selection, Fresh Coffee

Biscuits / Cookies

Bowl of Fresh Whole Fruit

Prepared Fruit Platter

Croke Park Energy-Boosting Protein Balls

Fresh Fruit Smoothies

Fruit Juice – Orange, Cranberry & Apple

Freshly Squeezed Orange Juice

Juice Shots, Fresh Squeezed (right here!)

Detox Shot - Apple, Carrot, Ginger, Cucumber & Lemon

Citrus Burst- Grapefruit, Mint, Orange & Pineapple

Energy Kick-Start - Pear, Beetroot, Raspberry & Lemon

Breakfast Snacks

Mini Pastries -

Croissant, Pain Au Chocolat, Toursade

Mini Scones & Muffins

Fresh Fruit Skewers

Granola, Fruit & Natural Yoghurt Pots

Morning Breaks

Cranberry, Almond & Gogi Berry Snack Bites

Croke Park Home-Baked Banana Bread

Farmhouse Fruit Cake

Mini Double Chocolate & Blueberry Muffins

Raisin, Hazelnut & Pumpkin Seed Snack Bites

Hot Breakfast

Waterford Blaa Irish Breakfast

Ham, Cheese & Tomato Filled Croissant

English Muffin, Smoked Ham, Scrambled Egg

Roast Vegetable & Bocconcini Focaccia

Pancakes with a selection of Syrups & Toppings

Afternoon Delights

Selection of Fresh Vegetable Crudités, Hummus & Red

Pepper Dip

Mini Belgian Chocolate & Sticky Toffee Beignets

Waffle Gaufrette, Caramel Dipping Sauce

Jam & Fresh Cream Scones

Sticky Lemon Drizzle Cake



HEALTHY OPTIONS - BREAKS

Choose from our Healthy Options at breaks throughout the day to boost your productivity!

Breakfast & Break Items

Clonakilty Black Pudding & Quinoa Frittata

calories 215 | fat 11.7g | carb 14g | fibre 1.3g | protein 13g

Turmeric Charred Soda Farl, Smashed Avocado & Chilli Flakes

calories 237 | fat 16.7g | carb 16.6g | fibre 4.4g | protein 3g

Chia Seed Low-Fat Porridge, Dates, Prunes & Soaked Orange Apricots

calories 198 | fat 5.4g | carb 25.9g | fibre 5.9g | protein 8.5g

Baked Egg 'En Cocotte' Gluten Free Soldiers

calories 188 | fat 8.8g | carb 16.7g | fibre 1.7g | protein 9.5g

Snacks

Spirulina Dusted Popcorn

calories 259 | fat 14.4g | carb 23.7g | fibre 5.2g | protein 6g

Baked Courgette Chips

calories 66 | fat 2g | carb 10.6g | fibre .93g | protein 1g

Demonstration, Live & Interactive Stations

Blueberry Pancakes made with Coconut Flour, Toasted Coconut, Yoghurt & Honey

calories 221 | fat 11.1g | carb 13.4g | fibre 11.1g | protein 11.2g

Linseed French Toast with Vanilla & Peach Compote

calories 177 | fat 6.4g | carb 16.7g | fibre 4.2g | protein 11g

Selection of Juices & Smoothies

Chefs choice of seasonal produce

Creamy Coconut Horchata

calories 277 | fat 3.5g | carb 55g | fibre 3.4g | protein 4.9g

Banana & Earl Grey Latte

calories 64 | fat 1.1g | carb 12.2g | fibre .87g | protein .82g