



## 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