



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



CROKE PARK MEETINGS & EVENTS



HEALTHY OPTIONS - LUNCH

To facilitate networkers and workaholics - take time out or work through lunch with these **Healthy Options**.
Soup, sandwiches and a dish of your choice served with tea and coffee.

Choose 1 Hot and 1 Cold Dish

Soup Selection - Choose One

Beef & Bone Marrow Broth

calories 121 | fat 9.2g | carb 2.2g | fibre 0g | protein 7.4g

Chicken & Barley 'Cockaleekie'

calories 157 | fat 3.6g | carb 23.5g | fibre 4.3g | protein 5.5g

Chunky Vegetable & Brown Rice Potage

calories 131 | fat 1.4g | carb 15.3 | fibre 2g | protein 13.2g

Hot Options

Lentil Spiced Burritos, Chunky Guacamole

calories 362 | fat 10.4g | carb 50g | fibre 10g | protein 11.3g

Cauliflower & Lentil Taco, Curried Mango Chutney

calories 214 | fat 6.6g | carb 32.1g | fibre 1.9g | protein 5.5g

Wok Fried Rice with Chinese Five Spice, Chicken, Egg & Scallions

calories 268 | fat 7.9g | carb 23.9g | fibre 2g | protein 24.3g

Cold Options

Asian Peanut Slaw

calories 207 | fat 14.6g | carb 6.2g | fibre 3.6g | protein 11.1g

Soba Noodles with Coriander & Cayenne

calories 170 | fat 1.3g | carb 30g | fibre 3.2g | protein 8g

Roasted Beet & Quinoa, Toasted Walnuts

calories 238 | fat 12.6g | carb 21g | fibre 3.4g | protein 8.4g

Selection of Wraps, Rolls, Malted Breads & Pretzel Rolls

Bespoke Sandwich Selection

Varied dependant on chefs choice of seasonal produce

Dessert

Banana & Silken Tofu, Banana Chips

calories 207 | fat 6g | carb 30.3g | fibre 1.3g | protein 7.1g

Peanut Butter, Cocoa & Avocado Mousse

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

Slow-Cooked Coconut Rice Pudding, Diced Mango

calories 262 | fat 10.6g | carb 33.3g | fibre 4.4g | protein 5.9g

Gluten-Free Carrot-Cake, Mascarpone

calories 284 | fat 9.7g | carb 45g | fibre 1.5g | protein 3.1g