



Day Delegate All Inclusive Package €35

Morning arrival package

Mid-morning tea & coffee with signature break or cookie jar package

Afternoon tea & coffee with pick me up or wellness package

Hire of main conference room

Still and sparkling triple filtered water and sweets

Stationary supplies

Projector and screen

Flipchart with pens

Wi-Fi access

Secretarial support

Two course lunch in Sinergie restaurant

Three course lunch in Sinergie Restaurant (add €5.00)

Or

Working Lunch Buffet

24 Hour Delegate Package

(Price available on Request)

Morning arrival package

Mid-morning tea & coffee with signature break or cookie jar package

Afternoon tea & coffee with pick me up or wellness package

Hire of main conference room

Still and sparkling triple filtered water and sweets

Stationary supplies

Projector and screen

Flipchart with pens

Wi-Fi access

Secretarial support

Two course lunch in Sinergie restaurant

Or

Working Lunch Buffet

Dinner in the Restaurant

Overnight stay in the Hotel

Full Vitality Breakfast



Working Lunch Menu's

Served in the room to allow you to work through lunch

Menu One €11.75

A selection of Teas and Coffee

A platter of open sandwiches on Baguette and Brown Soda

A selection of Irish Cheeses with Grapes and Biscuits

Tortilla Chips with dips

A selection of fresh fruit

Mineral water and orange juice

Menu Two €12.75

A selection of Teas and Coffee

A platter of open sandwiches and filled wraps

Parmesan straws with guacamole

Assorted Quiche

A selection of Cakes and Pastries

Mineral Water and Orange juice



Tea and Coffee Break Packages

The Morning Break €3.95

Selection of Teas and coffee
Selection of Breakfast Pastries

The Breakfast Bites add €5.25

Choose any two

Tasty Bacon Baps
Mixed Fruit Smoothies
Creamy Porridge with Honey and Seeds
Yogurt and Granola Pots
Fresh Fruit Skewers
Granola Bars
Fresh Fruit Salad Pots

The Signature Break €3.95

Selection of Teas and Coffee

Signature Scones
Irish Butter
G's Irish Jams

Tea and Coffee Break Packages

The Cookie Jar €5.75

Selection of Teas and Coffee
Choose any two

Baked Chocolate Chip Cookie
Rich Chocolate Brownie Bites
Chocolate Chunk Shortbreads
Sultana & Cranberry Granola Bites
Colourful Macaroons
Pecan Shortbread
Tiffin Bites

The Afternoon Pick me up €7.95

Selection of Teas and Coffee
Strawberry Iced Lemonade
Choose any Two

Selection of Fruit Smoothies
Chocolate Brownies and Cream
Rice Cakes with Nutella and Peanut Butter
Fairtrade Chocolate Bars
Mini Jam Doughnuts
Toffee Popcorn
Zingy Sicilian Lemon Mini Tarts
Cheesecake's in a Jar
Extra Choices for €3.25



The Wellness Break €7.95

Selection of Teas and Coffee
Detox Infused Water
Choose any Two

Mixed Fruit Smoothies
Vanilla Protein Shots
Yogurt and Granola Pots
Fresh Fruit Skewers
Strawberries and Honey Yogurt
Granola Bars
Fresh Fruit Salad Pots

Extra Choices €3.25

Beverage List €3.50

Choose any 2

Detox Infused Water
Strawberry Iced Lemonade
Mixed Fruit Smoothies
VitHit Multi Vitamin Drinks
San Pellegrino Sparkling Flavours
Fresh Orange Juice
Venga Juices
Flavoured Milkshakes

Indulgent Break €8.95

Selection of Teas and Coffee
Choose any Two

Chocolate Dipped Fruit Skewers
Chocolate Brownies and Cream
Fairtrade Chocolate Bars
Eton Mess Jars
Banoffee and Lemon Meringue Tarts
Zingy Sicilian Lemon Mini Tarts
Cheesecake's in a Jar

Extra Choices €3.25