



The Morning Break €3.95

Selection of Teas and Coffee
Selection of Breakfast Pastries

The Breakfast Bites €3 per item

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

- *Add Tea/Coffee for only €2 per person*

The Signature Break €3.95

Selection of Teas and Coffee
Signature Scones
Irish Butter
G's Irish Jams

The Cookie Jar €5.95

Selection of Teas and Coffee
Choose any Two of the following:

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 of the following:

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



The Wellness Break €7.95

Selection of Teas and Coffee
Detox Infused Water

Choose any Two of the following:

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

Indulgent Break €5.95

Selection of Teas and Coffee
Choose any one of the following:

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 per item

Beverage List €3 per item

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



Working Lunch Menu's

Served in the room to allow you to work through lunch.

Minimum Numbers 10 people

Menu One €13.95

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 €14.95

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



Day Delegate Package €35

The Morning Break
Mid-Morning Tea & Coffee with Signature Break
Afternoon Tea & Coffee with the Cookie Jar Break
Working Lunch Buffet or 2 Course Lunch in Sinergie Restaurant
Hire of Meeting Room
Still and Sparkling Triple Filtered Water and Sweets
Stationary Supplies
Projector and Screen
Flipchart with Pens
Secretarial Support
Wifi Access

24 Hour Delegate Package

(Price available on Request)

Day Delegate Package
Dinner in the Restaurant
Overnight Stay in the Hotel
Full Vitality Breakfast