



**Enjoy your breakfast  
at Maldron Hotels**

**maldron**<sup>®</sup>  
HOTEL  
CORK

# Maldron Hotels Breakfast Selection

Breakfast served 7.00am-10.30am (Saturday, Sunday & Bank holidays 8.00am-11.00am)

## Juice Bar

- Orange juice (contains allergen 9)
- Apple juice (contains allergen 9)
- Cranberry juice (contains allergen 9)
- Maldron detox water
- Fruit smoothie (contains allergen 9)
- Flavoured milk (contains allergen 9)
- Mini granola pots (contains allergens 5,6,7,9)

## Hot Breakfast

Choose from our hot breakfast selection:

- Grilled back bacon (contains allergens 6, 8, 9)
- Sausage (contains allergens 6, 8, 9)
- Black and white pudding (contains allergens 6 barley, 9)
- Sautéed mushrooms (contains allergen 7)
- Fried potatoes (contains allergen 9)
- Grilled tomatoes
- Baked beans (contains allergen 9)
- Eggs - scrambled, (contains allergens 7, 11) poached or fried (contains allergen 11)

## Gluten Free

Full selection of gluten free breakfast treats available

- Omelettes also available on request.

## Breads & Pastries

- Farmhouse toasting breads (contains allergen 6 wheat)
- Baked rustic white & multiseed bread loaves (contains allergen 6 wheat, 9)
- Home baked brown bread (contains allergens 6 wheat, 9)
- Poppyseed bagels (contains allergens 6 wheat, 9)
- Butter croissants (contains allergens 6 wheat, 7, 8, 9, 10, 11)
- Pain au chocolat (contains allergens 6 wheat, 7, 8, 9, 10, 11)
- Pain aux raisins (contains allergens 6 wheat, 7, 8, 9, 10, 11)

All served with a selection of real honey, high fruit content marmalade and G's Irish gourmet jams.

## Dairy Intolerances

Soya milk available

## Vitality Breakfast Selection

- Hearty creamy porridge (contains allergen 6 oats)
- Nuts, seeds, dried fruits (contains allergen 5)
- Fresh fruit salad
- Peeled & sliced fresh melon & pineapple
- Thick creamy natural yoghurt (contains allergen 7 oats)
- Fruit compotes
- Luxury granola (contains allergen 5, 6 oats, 9)



- Prunes (contains allergen 9)
- Maldron home toasted muesli (contains allergen 5, 6 oats, 9)
- Selection of popular cereals (contains allergen 5, 6 wheat)
- Grapefruit segments (contains allergen 9)
- Selection of cheese (contains allergen 7)
- Sliced continental meats (contains allergen 7, 8, 12, 13)



## Allergen Index

### 1 & 2 Shellfish:

Crustaceans: shrimp (crevette), prawns, crab, crayfish & lobster

Molluscs: clams, cockles, mussels, oysters, octopus, snails, squid (calamari) & scallops

### 3 Fish

### 4 Peanuts

### 5 Nuts:

Almonds, walnuts, pecan nuts, brazil nuts, hazelnuts, cashews, pinenuts  
pistachio & macadamia

### 6 Cereals containing gluten/wheat

### 7 Milk

### 8 Soya

### 9 Sulphur dioxide

### 10 Sesame seeds

### 11 Egg

### 12 Celery & celeriac

### 13 Mustard

### 14 Lupin





## Maldron Hotels Vitality Breakfast

### Breakfast and a healthy diet

A good breakfast gets your entire system up and running and will aid concentration throughout the day.

It can also mean less snacking. Choose from high fibre cereals and breads (preferably brown and wholemeal), multigrain porridge with seeds, nuts and fresh fruit or thick yoghurt with fruit compote and fresh fruit. With the Vitality breakfast selection available at Maldron Hotels, a healthier breakfast is guaranteed.

### Children

Ensure your children get a good breakfast to kick-start their day and choose cereal, bread with cheese, scrambled eggs, yoghurt or some fresh fruit.

### Eat plenty of fresh fruit and vegetables

You should aim to eat at least five portions every day. Fruit or raw vegetables make great in-between meal snacks and most are packed full of vitamins and fibre to help you feel good and provide you with energy throughout the day.

### Drink more water

Our bodies need water for survival and hydration, water helps cleanse your system. Drink plenty of it and aim for 8 glasses every day. When your body is slightly dehydrated it can make you feel tired or groggy.

Maldron Hotels breakfast has been specifically designed to offer you all this and more.