VITALITY BREAKFAST MENU
**CLAYTON HOTELS BREAKFAST**

**Monday - Friday 6.00am - 10.30am**
**Saturday, Sunday & Bank Holidays 6.00am - 11.00am**

**JUICE BAR**
Orange juice (*Contains Allergen 9*)
Apple juice (*Contains Allergen 9*)
Grapefruit juice (*Contains Allergen 9*)
Clayton detox water
Fruit smoothie (*Contains Allergen 9*)

**HOT BREAKFAST**
*Choose from our hot breakfast selection:*
Grilled back bacon (*Contains Allergen 9*)
Sausage (*Contains Allergens 6 wheat, 8, 9*)
Black and white pudding (*Contains Allergens 6 barley, 9*)
Sautéed mushrooms (*Contains Allergen 7 milk products*)
Fried potatoes (*Contains Allergen 9*)
Grilled tomatoes
Baked beans (*Contains Allergen 9*)
Eggs - scrambled, poached or fried (*Contains Allergen 11*)

**BREADS AND PASTRIES**
Farmhouse toasting breads (*Contains Allergen 6 wheat*)
Baked rustic white and multiseed bread loaves (*Contains Allergen 6 wheat*)
Home made brown bread (*Contains Allergen 6 wheat, 9*)
Poppyseed bagels (*Contains Allergen 6 wheat, 9*)
Butter croissants (*Contains Allergens 6 wheat, 7 milk, 8, 9, 11*)
Pain au chocolat (*Contains Allergens 6 wheat, 7 milk, 8, 9, 11*)
Pain aux raisins (*Contains Allergens 6 wheat, 7 milk, 11*)

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

**Gluten Free**
Full selection of gluten free breakfast treats available

**Dairy Intolerances**
Soya and almond milks available
## 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 Clayton Hotels, a healthier breakfast is guaranteed.

### Children

Ensure your children get a good breakfast to kick-start their day: 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.

### 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.

Clayton Hotels breakfast is designed to offer you all this and more.

### Vitality Breakfast Selection

<table>
<thead>
<tr>
<th>Item</th>
<th>Contains Allergens</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hearty creamy porridge</td>
<td>6 oats</td>
</tr>
<tr>
<td>Nuts, seeds, dried fruits</td>
<td>5 nuts, 6 wheat</td>
</tr>
<tr>
<td>Thick creamy yoghurt</td>
<td>7 milk</td>
</tr>
<tr>
<td>Peeled sliced melons and pineapples</td>
<td></td>
</tr>
<tr>
<td>Fruit compotes</td>
<td></td>
</tr>
<tr>
<td>Fresh fruit salad</td>
<td></td>
</tr>
<tr>
<td>Luxury granola</td>
<td>5 nuts, 6 wheat</td>
</tr>
<tr>
<td>Prunes</td>
<td>9</td>
</tr>
<tr>
<td>Clayton home toasted muesli</td>
<td>5 nuts, 6 oats</td>
</tr>
<tr>
<td>A selection of popular cereals</td>
<td>5 nuts, 6 wheat</td>
</tr>
<tr>
<td>Grapefruit segments</td>
<td>9</td>
</tr>
<tr>
<td>Selection of cheese</td>
<td>7 milk, 12</td>
</tr>
<tr>
<td>Sliced continental meats</td>
<td></td>
</tr>
</tbody>
</table>

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ALLERGEN INDEX

No. 1 – Crustaceans
No. 2 – Molluscs
No. 3 – Fish
No. 4 – Peanuts
No. 5 – Nuts
No. 6 – Cereals containing gluten
No. 7 – Milk / milk products
No. 8 – Soya
No. 9 – Sulphur dioxide
No. 10 – Sesame seeds
No. 11 – Egg
No. 12 – Celery & celeriac
No. 13 – Mustard
No. 14 – Lupins