

## REFRESHMENT BREAK MENUS

### THE MORNING BREAK - €16.00 per guest

Belgian waffle  
Fruit compotes, fresh cream

Homemade scones  
Clotted cream, jam

Freshly brewed coffee, decaffeinated coffee & selection of fine teas

### THE HEALTHY BREAK - €16.00 per guest

Nutrient rich superfood smoothie or juice selection  
Choice of 2

Seasonal fruit skewers  
Yoghurt, local honey

Organic granola  
Blueberries, forest berry compote, Greek yoghurt

Freshly brewed coffee, decaffeinated coffee & selection of fine teas

### THE PROTEIN BREAK - €16.00 per guest

Individual porridge pots

Kale smoothie  
Baby kale, milk, banana, yogurt, pineapple, peanut butter, honey (protein rich)

Protein balls  
Peanut butter, honey, vanilla, oats, coconut, chocolate chips

Selection of gourmet nuts

Freshly brewed coffee, decaffeinated coffee & selection of fine teas



## REFRESHMENT BREAK MENUS

### THE CHOCOLATE BREAK - €18.00 per guest - Choose 3 items

Freshly baked chocolate muffins

Chocolate macarons

Chilled chocolate shot

Chocolate mousse

Chocolate cookie

Chocolate brownie

Freshly brewed coffee, decaffeinated coffee & selection of fine teas

### THE LEMON BREAK - €18.00 per guest

Mini lemon & white chocolate muffins

Lemon madeleines

Citrus lemon tart

Homemade lemonade

Freshly brewed coffee, decaffeinated coffee & selection of fine teas

### CARTON HOUSE AFTERNOON TEA BREAK - €30.00 per guest

Selection of sandwiches served on freshly baked Irish breads

Warm, homemade scones with clotted cream & strawberry jam

Selection of tea cakes and sweets from our pastry team

Freshly brewed coffee, decaffeinated coffee & selection of fine teas



## REFRESHMENT BREAK MENUS

### COFFEE BREAKS

Double chocolate chip cookies “choose from our cookie menu”

Freshly brewed coffee, decaffeinated coffee & selection of fine teas  
€7.50 per guest

A selection of sweet & savoury pastries

Freshly brewed coffee, decaffeinated coffee & selection of fine teas  
€9.00 per guest

Homemade madeleines

Freshly brewed coffee, decaffeinated coffee & selection of fine teas  
€9.50 per guest

Homemade organic granola bars

Freshly brewed coffee, decaffeinated coffee & selection of fine teas  
€10.00 per guest

A selection of tea cakes

Freshly brewed coffee, decaffeinated coffee & selection of fine teas  
€9.00 per guest

Homemade chocolate brownies

Freshly brewed coffee, decaffeinated coffee & selection of fine teas  
€10.00 per guest