



# MEETINGS & EVENTS

~ REFRESHMENT MENU ~



CORK INTERNATIONAL HOTEL





## OUR FOOD

We know when you join us for your meeting or event, you want your guests to be at their best. That is why our Meeting & Events Refreshment menu has been developed with our guests in mind.

With fresh, local ingredients, our Head Chef Gary Barnard, has created our refreshment menu to suit all occasions. From refreshment breaks, to morning pick-me-ups, to delicious lunches, whatever your needs are, you can rest assured, the team at Cork International Hotel have you covered.



## REFRESHMENT BREAKS

### FRESHLY BREWED TEA & COFFEE

Including a selection of Fruit & Herbal Teas €3.50

### TEA & COFFEE SERVED WITH...

Homemade Cookies (Gw,N,D,E) €5.00

Large Fruit / Plain Scones (Gw,D,E) €6.50

Freshly Baked Pastries - Croissants, Custard

Danish, Fruit Lattices (Gw,N,D,E) €6.50

Mini Chocolate Brownies (Gw,N,D,E) €6.50

Oatmeal Flapjacks (Gw,Go,E,D) €6.50

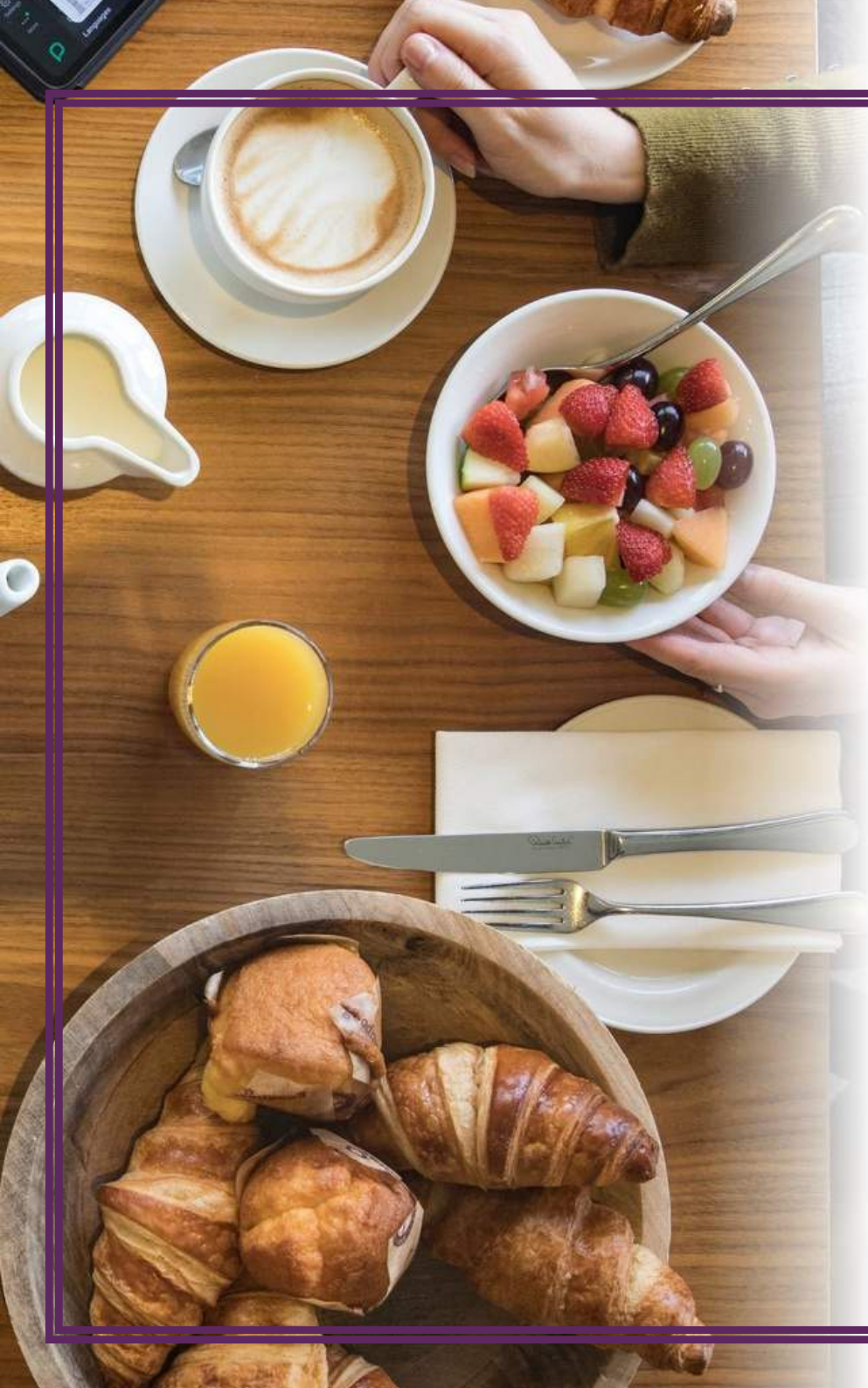
Lemon or Blueberry Muffins (Gw,E,D) €6.50

Granola Bars (Gw,E,D) €6.50

Selection of Mini Macaroons (Gf, Al, D) €7.50

\*Prices per person unless otherwise stated





## BREAKFAST OPTIONS

### CONTINENTAL BREAKFAST

Freshly Brewed Tea / Coffee/Herbal Teas with Mini Pastries, Fresh Fruit Salad & Chilled Orange Juice €10.00  
(Gw, E, D)

Freshly Brewed Tea/Coffee/Herbal Teas with Cereal Selection, Fresh Fruit Salad, Pastries & Breads, Selection of Yoghurts, Nuts, Berries & Granola & Chilled Orange Juice €13.50  
(Gw, E, D, N, Go)

Fruit Salad & Yoghurt Pots (D) €4.00

Yoghurt with Granola (Gw, N, D, Go) €4.00

Fruit Bowl (includes apples, oranges, kiwis, grapes, pears) Serves 6 €13.50

\*Prices per person unless otherwise stated



## BREAKFAST OPTIONS

### HOT BREAKFAST

Freshly Brewed Tea, Coffee or Herbal Teas, Pastry  
& Bread Selection, Crispy Bacon

Sausage, Black & White Pudding, Grilled Tomatoes,  
Fried or Scrambled Eggs

Chilled Orange Juice (Gw, E, D, Gb) €16.00

Bacon & Sausage Blaa's (Gw, E, D) €9.00

Crispy Bacon & Cream Cheese Bagels (Gw, E, D) €9.00

Black Pudding & Sausage Rolls (Gw, Go, E, D) €7.00

Crispy Bacon & Cream Cheese Bagels (Gw, E, D) €9.00

Ham and Cheese Croissant (Gw, E, D) €7.50

\*Prices per person unless otherwise stated



## REVITALIZING JUICES

Banana & Strawberry

€4.00

Kale, Kiwi & Spinach

Beetroot, Berries & Spinach

Melon, Pineapple & Mango

Apple, Cucumber & Spinach

\*Prices per person unless otherwise stated





## IN ROOM DINING OPTIONS

### Grazing Throughout

€6.00

Selection of dried fruits and nuts presented at your conference table for you to pick at, choose 3:

**Nuts:** Walnuts, Pecan Nuts, Smoked Almonds, Toasted Almonds, Peanuts (Tn)

**Fruits:** Apricots, Raisins, Sultanas, Golden Raisins, Banana Chips (Sul)

**Seeds:** Pumpkin, Sunflower

\*Prices per person unless otherwise stated



## IN ROOM DINING OPTIONS

### Pre-Order Sandwiches

Served with Crisps & Salad

Available in the New Yorker or in your Meeting Room

Prices Include Tea, Coffee & a Selection of Fruit & Herbal Tea

All dietary requirements can be catered for with advance notice

### Sandwich Platters - Sample Options

€10.50

Ham & Cheese Salad

BLT on Ciabatta

Tuna & Sweetcorn on Brown Sliced Bread

Chicken Salad Wrap

Piri-Piri Tiger Prawns with Garlic Mayonnaise

Shredded Chicken with Blue Cheese Mayonnaise

Egg Salad Sandwich on White Bread

(Gw, D, E, Sul, Mu)

Fresh Homemade Soup of the Day with  
Homemade Brown Bread

€6.50

(D, Gw, Cl, Go)

\*Prices per person unless otherwise stated





## IN ROOM DINING OPTIONS

### Exquisite Mini Grill Bites

€8.00

Pick 2 Options

Mini beef burger, brioche slider, tomato, lettuce, Ballymaloe relish

Mini Bean Burger, houmous, lettuce and pickles

Mini falafel flat bread, houmous, pickles, herb yogurt

Mini Pulled pork sliders, BBQ sauce, red onion, beef tomato

(Gw, E, D, Sul, Mu, Cl)

### Healthy Veg Crudités

€6.00

Raw seasonal vegetable sticks served with

houmous to dip (SS)

### Platters to Share

€12.00

Carefully selected Irish cheeses served fresh fruits, crackers, chutney, artisan bread

Local and Italian cured meats, dips with bread sticks and artisan bread

(D, Gw, Sul)

\*Prices per person unless otherwise stated

# IN ROOM DINING OPTIONS

## Local Grazing Food

Sally Barnes smoked haddock ceviche (cold) (F)	€9.00	Mini West Cork prawn roll (cold) (CR,E,GW,MU,D)	€9.00
Homemade sausage and West Cork black pudding roll (GW,E,SUL,D)	€7.00	Mini scones pre garnished with Follain jam and cream (GW,D,SUL,E)	€4.00
West Cork beef slider with Ballymaloe relish and Hegarty Cheddar (GW,E,D,SUL)	€8.00	First of the season rhubarb and Flahavan's oat slice (GO,GW,D)	€4.00
Waterfall Farm Kale and herb frittata with Macroom buffalo halloumi (hot) (E,D)	€6.00	Mini Eton Mess with caramelised apples and Kyllahora apple brandy cream (E,D)	€6.00
Gubbeen and tarragon arancini (hot) (GW,D,E)	€7.00	Mini baked Clonakilty yogurt, honeycomb, marinated mandarins (D)	€5.00

\*Prices per person unless otherwise stated







## AFTERNOON & EVENING DINING

### Lunch Options

Served in the Atlantic Restaurant or The New Yorker Bar

Available for Pre-Order from 11am

Chef's Choice Main Course – Choice of 3 Options €19.00  
with Tea & Coffee

Chef's Choice Main Course – Choice of 3 Options & €26.50  
Dessert with Tea and Coffee

The New Yorker A La Carte Menu – Individual Pricing

### Dinner Options

Served in The Atlantic Restaurant or The New Yorker Bar

Private Dining Available Subject To Availability

Dinner Menu Prices from €35.00 per person

\*Prices per person unless otherwise stated

# ALLERGEN INFORMATION & GUIDE

(D) Milk Products (E) Eggs (Mu) Mustard (Cl) Celery (Sul) Sulphur Dioxide (L) Lupin (F) Fish (Mo) Molluscs  
(Cr) Crustaceans (So) Soya (Se) Sesame (Gw) Gluten Wheat (Gb) Gluten Barley (Gr) Gluten Rye  
(Go) Gluten Oats (Al) Almonds (Bz) Brazil Nut (Ch) Cashew (Mc) Macadamia Nut (P) Peanuts (N) Nuts  
(Wn) Walnuts (Ps) Pistachio Nut (Pc) Pecan Nut (Vo) Vegan (Vg) Vegetarian

All our meats, poultry & game are “Feile Bia” approved & our beef is 100% Irish







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