



# **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 team, 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 assure, the team at Cork International Hotel have you covered.





# REFRESHMENT BREAKS

#### TEA & COFFEE SERVED WITH...

Homemade Cookies (Gw,N,D,E)	€6.50
Large Fruit / Plain Scones (Gw,D,E)	€7.50
Freshly Baked Pastries - Croissants, Custard	j
Danish, Fruit Lattices (Gw,N,D,E)	€7.00
Mini Chocolate Brownies (Gw,N,D,E)	€7.00
Oatmeal Flapjacks (Gw,Go,E,D)	€7.50
Lemon or Blueberry Muffins (Gw,E,D)	€7.50
Granola Bars (Gw,E,D)	€7.50
Selection of Mini Macaroons (Gf, Al, D)	€9.00

<sup>\*</sup>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 €11.00 (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 €15.50
(Gw, E, D, N, Go)

Fruit Salad & Yoghurt Pots (D) €5.00

Yoghurt with Granola (Gw, N, D, Go) €4.50

Fruit Bowl (Includes Apples, Oranges, Kiwis,

Grapes, Pears) €2.50

Fruit Platter (serves 4 people) €15.00



### **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 €18.00 Chilled Orange Juice (Gw, E, D, Gb) €9.00 Bacon & Sausage Blaa's (Gw, E, D) €9.00 Crispy Bacon & Cream Cheese Bagels (Gw, E, D) €7.50 Black Pudding & Sausage Rolls (Gw, Go, E, D) €7.50 Crispy Bacon & Cream Cheese Bagels (Gw, E, D) €7.00 Ham and Cheese Croissant (Gw, E, D)

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# **REVITALISING JUICES**

Banana & Strawberry

€4.50

Kale, Kiwi & Spinach

Beetroot, Berries & Spinach

Melon, Pineapple & Mango

Apple, Cucumber & Spinach





**Grazing Throughout** 

€7.50

Selection of Dried Fruits and Nuts Presented at

Your Conference Table for You To Graze On

Choose 3:

Nuts: Walnuts, Pecan Nuts, Smoked Almonds,

Toasted Almonds, Peanuts (P, N)

Fruits: Apricots, Raisins, Sultanas, Golden

Raisins, Banana Chips (Sul)

Seeds: Pumpkin, Sunflower



Selection of 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

€12.00

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)

With Fresh Homemade Soup of the Day with

€17.50

Homemade Brown Bread

(D, Gw, Cl, Go)







Exquisite Mini Grill Bites

€8.00

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

€6.50

Raw Seasonal Vegetable Sticks Served With Houmous To Dip (SS)

Platters to Share

(D, Gw, Sul)

€13.50

Carefully Selected Irish Cheeses Served Fresh Fruits,
Crackers, Chutney, Artisan Bread
Local and Italian Cured Meats, Dips With Bread Sticks and
Artisan Bread

#### Local Grazing Food

Sally Barnes Smoked Haddock Ceviche (cold) (F)	€9.00	Mini West Cork Prawn Roll (cold) (CR,E,GW,MU,D)	€9.50
Homemade Sausage and West Cork Black Pudding Roll (GW,E,SUL,D)	€7.50	Mini Scones Pre garnished with Folláin Jam and Cream (GW,D,SUL,E)	€4.00
West Cork Beef Slider With Ballymaloe Relish and	€8.00	First of the Season Rhubarb and Flahavan's Oat Slice (GO,GW,D)	€4.50
Hegarty Cheddar (GW,E,D,SUL)  Waterfall Farm Kale and Herb Frittata With Macroom	€6.50	Mini Eton Mess With Caramelised Apples and Kyllahora	
Buffalo Halloum (hot) (E,D) Gubbeen and Tarragon Arancini (hot) (GW,D,E)	€8.50 €7.50	Apple Brandy Cream (E,D)  Mini Baked Clonakilty Yogurt With Honeycomb,	€6.50
		Marinated Mandarins (D)	€5.50









### AFTERNOON & EVENING DINING

#### **Lunch Options**

Served in the Atlantic Restaurant or The New Yorker Bar Available for Pre-Order from I Iam

Chef's Choice Main Course – Choice of 3 Options €22.00 with Tea & Coffee

Chef's Choice Main Course – Choice of 3 Options & €29.00

Dessert with Tea and Coffee

The New Yorker À 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 €37.50 per Person

## **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



