

arrive happy not hungry

Great Food freshly delivered

2U



HOT BEVERAGES

Barry's Tea 296ml/10oz 0kcal	2.20
Bewley's Coffee 296ml/10oz 0kcal	2.35
Bewley's Hot Chocolate 296ml/10oz 130kcal	2.65

CRISPS

Tayto Cheese & Onion 192kcal	1.05
Tayto Salt & Vinegar 204kcal	1.05
Pringles 206kcal	2.00

SWEETS

Apple Danish 425kcal	2.50
Fruit Danish 409kcal	2.50
Chocolate Muffin 398kcal	2.20
Ina's Fruit Slice 300kcal	1.90
Ina's Oatflake Biscuits 255kcal	1.55
Broderick's Gluten Free Brownie 278kcal	2.00

SOFT DRINKS

Coca Cola 330ml 139kcal	1.75
Diet Coke 330ml 1kcal	1.75
Fanta 330ml 165kcal	1.75
Sprite 330ml 89kcal	1.75
Fruice Orange Juice 330ml 149kcal	2.90
Riverrock Still Water 500ml 0kcal	2.25
Schweppes Tonic 150ml 56kcal	1.25



BEERS, WINES AND SPIRITS

Budweiser 500ml can 187kcal	4.80
Bulmers 500ml can 205kcal	4.80
Heineken 500ml can 150kcal	4.80
Guinness 500ml can 176kcal	4.80
Jameson Irish Whiskey 50ml 112kcal	5.60
Huzzar Vodka / Cork Dry Gin 50ml 112kcal	4.65
Trapiche Sauvignon Blanc 18.7cl 159kcal	5.99
Trapiche Malbec 18.7cl 159kcal	5.99

NEWSPAPERS

(on selected services, recommended retail price)
The Irish Times

CONFECTIONERY

Nestlé Kitkat 232kcal	1.30
Nestlé Aero 222kcal	1.30
Cadbury Dairy Milk 280kcal	1.30
Brodericks crunchy slam dunk peanut crunch 375kcal	1.60
Inas natural exotic fruit & nut with nuts, fruits and seeds 246kcal	1.60



SANDWICHES

Mini Rolls - Granary Bread roll with Hummus and Crunchy vegetables - Poppy seed bread roll with caramelised onion & rocket. 487kcal	4.95
Chicken & stuffing on farmhouse brown bread 467kcal	4.95
Shredded ham with red cheddar cheese on poppyseed bread 372kcal	4.95

ALL DAY LIGHT SNACKS

Available from service with buffet car

Waterford Blaa with bacon & sausage 501kcal	4.80
Mezzaluna with chicken, basil pesto mayo, peppery rocket, fresh tomatoes, mozzarella and tangy parmesan. Good cold but better hot. 433kcal	4.80
Sausage roll 292kcal	1.65
Nusli - Irish Bircher Muesli - delicious mix of natural yogurt, multiberries, apple juice, fruit wholegrains & nuts 247kcal	2.75

Calorie information provided is as accurate as possible. However, due to the handmade nature and possible substitution of ingredients, calories may vary and so average typical values are shown. Information regarding allergens contained in products is available from your steward. All pictures are for illustrative purposes only.

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