

VEGAN AFTERNOON TEA menu

SANDWICHES & SAVOURY SELECTION

AVOCADO & BELL PEPPER WRAP

(6 wheat,8,9)

PLANT BASED BACON, LETTUCE & TOMATO SANDWICH

(6 wheat,8,9)

CHICK PEA HUMMUS & CORIANDER

(6 wheat,8,9)

TOMATO & ONION BRUSCHETTA

(6 wheat,8,9)

TRADITIONAL TOMATO & VEGAN CHEESE

(6 wheat,8,9)

SWEET SELECTION

DARK CHOCOLATE & COCONUT TART

(5 for Almonds,6 Wheat,8,9)

RASPBERRY FRANGIPANI TART

(5 for Almonds,6 Wheat,8,9)

CHOCOLATE CHIP & BANANA CAKE

(5 for Almonds,6 Wheat,8,9)

CARROT CAKE

(5 for Almonds,6 Wheat,8,9)

FLAPJACKS

(6 Wheat,8,9)

Allergen Index: 1. Crustaceans, 2. Molluscs, 3. Fish, 4. Peanuts, 5. Nuts, 6. Cereal containing gluten, 7. Milk milk products, 8. Soya, 9. Sulphur dioxide, 10. Sesame seeds, 11. Eggs, 12. Celery & celeriac, 13. Mustard, 14. Lupin. Although all due care is taken during meal preparation, cross contamination risks are possible. Please ask your server if you require any additional information on food allergens.



LOUGH REA
HOTEL & SPA

