

Menu

Morning Break Options:

Tea and Coffee	€ 3.25
Honey, Sultana & Bran Muffin	€ 5.90
Berry Blast Yoghurt Muffin	€ 5.95
* Fresh Fruit Skewers	€ 3.95
Cereal Bar	€ 4.95
* Strawberry & Marshmallow Skewers	€ 6.95
* Banana & Berry Bircher Muesli	€ 6.55

Price for each item with tea, coffee

* Excludes Tea, Coffee

Afternoon Break Options:

Tea and Coffee	€ 3.25
Granola Tray Bake	€ 5.95
Yoghurt & Berries	€ 5.95
* Fresh Fruit Skewers	€ 3.95
* Banana & Strawberry Smoothie	€ 3.50

Price for each item with tea, coffee

* Excludes Tea, Coffee

Grab Snacks

The combination of raw unsalted nuts or seeds & a piece of fruit is perfect for a boost of energy mid morning - eating the protein in the nuts or seeds at the same time as the fruit helps to slow down the release of the fruits natural sugars ensuring that energy levels stay tip top and blood sugar levels stable (Choose 1)

Black Grapes & Pecans	€ 1.95
Pear & Pumpkin Seeds	€ 1.95
Pineapple & Hazelnuts	€ 1.95
Pineapple & Sesame Seeds	€ 1.95
Apple & Almonds	€ 1.95
Apple & Sunflower Seeds	€ 1.95
Banana & Cashew Nuts	€ 1.95
Berries & Almonds	€ 2.95



CROWNE PLAZA
DUBLIN - NORTHWOOD

Tell us what you're allergic to and we'll tell you what you can eat

eat well, work well



Full menu Selection

€29.95

(per person - minimum 15 people)

Soup of the Day

€ 5.50

Sandwich selection - (choose 2 from the following options)

€ 7.95

- Prosciutto Ham & Red Pepper Tapenade on Olive Loaf
- Roast beef salsa with red pepper hummous & horseradish on focaccia
- Provencal Tuna Salad on Arctic Flat Bread
- Flaked Salmon, Creme Fraiche & Open Dill Sandwiches on Irish Brown Bread
- Sliced Egg, Salad Leaves and Plum Tomato on Country Style Loaf

Wraps - (choose 1 from the following options)

€10.55

- Wrap with Basil Marinated Mozzarella Cheese, Baby Spinach and Sun Blush Tomatoes
- Wrap with Steamed Chicken, Rocket, Grilled Peppers & Pesto

Hot Dishes - (choose 1 from the following options)

€15.95

- Gingered Chicken with Sauteed Spinach
- Honey Glazed Salmon with Asian Greens
- Thai Salmon Fish Cakes with Dipping Sauce
- Char Siu Pork with Asian Greens
- Thai Style Chicken Stir-fry with Basil & Cashews
- Pesto salmon with ratatouille
- Pumpkin, Com & Cashew Nut Curry
- Aubergine & Sweet Potato Stew with Coconut Milk
- Moroccan Lamb stew
- Fried Beef & Broccoli in Oyster Sauce

All above served with steamed rice

Salads - (choose 2 from the following options)

€ 6.50

- Feta, Water Melon & Pumpkin Seed Salad
- Chick Peas, Tomato and Baby Spinach
- Quinoa Tabbouleh
- Spicy Sesame Noodle Salad - (with shredded carrot, cucumber, peppers , green curry, coriander & sesame seeds).
- Tuna, Potato & Olive Salad
- Asian Slaw with Lime & Sesame
- Spiced Butternut & Couscous Salad
- Chicken Super Food Salad

Dessert - (choose 1 from the following options)

€ 6.50

- Stewed Spiced Apple Yoghurt
- Dried Fruit Compote with Orange
- Berries & Chocolate Sauce