



SUN BED MENU

For your convenience we have added next to each menu item, numbers representing allergen information. For numbers explanation please refer to the last page.

In our kitchens we handle allergens, trace elements of which may be passed to other foods. Please inform our staff for any allergic reaction.

REFRESHMENTS & MINERALS

FRUIT JUICES 25cl	€3.00
Orange, pineapple, cranberry, peach, apple, tomato, grapefruit	
FRESH ORANGE JUICE 44cl	€5.50
SOFT DRINKS 25cl	€3.00
Cola, cola light, lemonade, orangeade, ginger ale, tonic water, soda water, bitter lemon	
ICE TEA 44cl	€3.50
Homemade ice tea. Ask for your favorite flavour.	
MILKSHAKE 44cl (7)	€5.50
Chocolate, strawberry, banana, vanilla	
PERRIER 33cl	€3.80
STILL MINERAL WATER 50cl	€2.00
STILL MINERAL WATER 100cl	€3.00
RED BULL 25cl	€4.50


SMOOTHIES



TROPICAL SECRET	€7.00
Banana, pineapple, melon and grenadine blended with apple juice	
STRAWBERRY REFRESHER	€7.00
Strawberries and banana blended with apple juice	
PINEAPPLE DREAM	€7.00
Pineapple and melon blended with pineapple juice	
FOREST DREAM	€7.00
Mixed forest fruits blended with cranberry juice and honey	
KING TROPICAL	€7.00
Strawberries, kiwi and banana blended with pineapple juice and blackcurrant squash	

ICE – COLD COFFEES

ICE COFFEE FRAPPE	€4.50
ESPRESSO FREDDO	€4.50
CAPPUCCINO FREDDO (7)	€4.50

 The Vitality Philosophy creates healthier drinks that are natural, nutritious and flavoursome for a sense of wellbeing, energy and life.

BEER CHALLENGE

DRAUGHT

KEO OR CARLSBERG 56cl (l, 14)	€4.50
KEO OR CARLSBERG 28cl (l, 14)	€3.50

ROMANCING THE WINE

HOUSE WINE BY THE GLASS 18cl (4, 14)	€5.00
Selection of white (medium sweet, dry), rosé dry and red dry	
SPARKLING WINE BY THE GLASS (4, 14)	€6.50
N/V House Sparkling Wine, dry	

COCKTAILS

PINA COLADA (l)	€8.00
MOJITO	€8.00
RUM RUNNER	€7.50
FROZEN DAIQUIRI (CHOICE OF STRAWBERRY, MANGO, PASSION FRUIT, PINEAPPLE, RASPBERRY)	€8.50
PIMM'S NO.1	€8.00
AMARETTO SOUR (4, 10)	€8.00
GIN FIZZ (l)	€7.50
BRANDY SOUR	€6.50

ALLERGEN INFORMATION LIST

- | | | |
|---|---|---|
|  1. GLUTEN* |  6. LUPIN |  11. PEANUTS |
|  2. CELERY |  7. MILK |  12. SESAME SEED |
|  3. CRUSTACEANS |  8. MOLLUSCS |  13. SOYA |
|  4. EGGS |  9. MUSTARD |  14. SULPHUR DIOXIDE |
|  5. FISH |  10. NUTS** | |

* WHEAT, RYE, BARLEY, OATS.

** ALMONDS, HAZELNUTS, WALNUTS, CASHEWS, PECAN NUTS, BRAZIL NUTS, PISTACHIO NUTS, MACADAMIA OR QUEENSLAND NUT.

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