



ASHLING HOTEL

DUBLIN

Refreshments

Jugs of orange, cranberry or apple juice €10.00 per jug

Selection of fruit smoothies €3.75 pp

Freshly brewed tea/coffee and herbal tea €3.75 pp

Served with a jug of orange juice

Freshly brewed tea/coffee and herbal tea with a selection of homemade biscuits €4.95 pp

Served with a jug of orange juice and a selection of melon slices

Themed Breaks

Energiser Break €9.00 pp

Vit-Hit natural energy drinks, healthy flapjacks, selection of mixed nuts and seeds, Snickers bars

*Contains (*1, 3, 6, 7, 8, 12)*

Healthy Break €9.00 pp

Iced tea and coffee, fruit smoothies, fruit skewers, orange juice,

assiette of vegetables and hummus

*Contains (*1, 7, 8, 12)*

Cake Break (Minimum numbers of 25 apply) €7.25 pp

Freshly brewed tea and coffee, lemon drizzle cake, ginger cake,

raspberry and almond cake

*Contains (*1, 3, 7, 8, 12)*

Touch of Class Break €15.95 pp

Glass of prosecco, chocolate dipped strawberries, assiette of gourmet desserts,

a jug of orange juice

*Contains (*1, 3, 7, 8, 9, 12)*

Continental Breakfast (Available 8am – 11am) (Minimum 15 people apply for this break) €13.95 pp

Selection of juices, cereals, croissants, berry and granola pots,

artisan breads, selection of cold meats and cheese

*Contains (*1, 3, 7, 8, 11, 12)*

*ALLERGEN INFORMATION

1= Wheat, 2=Crustaceans, 3= Eggs, 4= Fish, 5= Peanuts, 6= Soybeans, 7= Milk, 8= Nuts,

9= Celery, 10= Mustard, 11= Sesame Seeds, 12= Sulphur Dioxide, 13= Lupin, 14= Molluscs.



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From the Bakers Basket

Warm homemade fruit scones with preserves and cream €3.50 pp

*Contains (*1, 3,7,12)*

Bakers selection

€3.50 pp

Mini apple turnovers, pain au chocolat, pain au raisin, mini muffins

*Contains (*1, 3,7,12)*

Afternoon break (Minimum 10 people apply for this break)

€7.75 pp

Includes warm cookies, macaroons and doughnuts

*Contains (*1, 3,7,12)*

Healthy Options

Greek style yoghurt, seasonal berry compote, crunchy granola €4.25 pp

*Contains (*1, 7,12)*

Fresh fruit salad €4.25 pp

Fresh fruit per piece €1.25

Light Lunch Options

Selection of freshly prepared bagles, filled wraps and sandwiches €13.50 pp

Served with freshly brewed tea/coffee and herbal tea

Add a bowl of our lovely homemade soup €3.00 extra pp

*Contains (*1, 3, 4, 6, 7, 8, 10)*

Tied for time? Choose our working lunch option in your meeting room €18.50 pp

A warming bowl of homemade soup with bagles, filled wraps and freshly prepared sandwiches served with a choice of 2 salads - Mediterranean cous cous salad or Ashling classic caesar salad or creamy coleslaw

*Contains (*1, 3, 4, 6, 7, 8, 10)*

Included in the above is freshly brewed tea/coffee and herbal tea

(Minimum numbers of 15 people apply for this lunch)

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Lunch Options

Carvery Lunch – Sample Menu

Cream of caramelised parsnip soup, lemon cream

Roast Prime Rib of Beef

With a red onion and tarragon gravy

Roast Leg of Galway Lamb

Fine herb stuffing, red berry & thyme Jus

Pan Roasted Glin Valley Chicken, Oak Smoked Salmon

Spinach and Pinot grigio cream

Braised Navarin of Lamb

Roasted garlic and thyme mash

Beetroot and Celeriac Crusted Atlantic Salmon

Fine herb and shrimp butter

Young's Award Winning Beef and Guinness Sausages on a Creamy Champ Potato

Sweet red onion and chive gravy

Spicy Green Lentil and Butterbean Chili

Basmati rice, mint rialto, crisp poppadum

Served with market vegetables and potatoes

Roast potatoes

Selection of Desserts

One main course and freshly brewed tea and coffee €15.75 pp

One main course with dessert, freshly brewed tea and coffee €19.25 pp