

Slí na Bandé

These food options are available for no extra charge.

Breakfast Options	wheatfree	glutenfree	eggfree	dairyfree	sugarfree
Buckwheat flakes	✓	✓	✓	✓	✓
Coconutmilk	✓	✓	✓	✓	✓
European pumpkinsseedpesto	✓	✓	✓	✓	dates
Oatbread	✓	✓			✓
Gluten free bread	✓	✓	✓	✓	✓
Seeds	✓	✓	✓	✓	✓
Sugar free Alpen					✓
Organic Irish porridge	✓	✓	✓	✓	✓
Date syrup	✓	✓	✓	✓	dates
Jams	✓	✓	✓	✓	
Ordinary homemade bread				✓	✓
Vegan cheese	✓	✓	✓	✓	✓
Cheese					
Natural Yoghurt	✓	✓	✓		✓
Soya yoghurt	✓	✓	✓	✓	✓
Fruit - Bananas, Apples, Oranges, etc	✓	✓	✓	✓	✓

Lunch Options	wheatfree	glutenfree	eggfree	dairyfree	sugarfree
Tomato free Soup	✓	✓	✓	✓	✓
Oatbread	✓	✓			✓
Green salad	✓	✓	✓	✓	✓
Other salads (ingredients vary)					
Black or green olive pesto	✓	✓	✓	✓	dates
Barley salad	✓		✓		dates
Rice salad	✓	✓	✓	✓	dates
Soba noodles	✓	✓	✓	✓	✓
Potato egg salad	✓	✓			
Gluten free bread	✓	✓	✓	✓	✓
Ordinary homemade bread				✓	✓
Mayonaise	✓	✓			✓
Vegan cheese	✓	✓	✓	✓	✓
Cheese					

Dinner Options	wheatfree	glutenfree	eggfree	dairyfree	sugarfree
Buckwheat pancakes	✓	✓		✓	✓
Filling	✓	✓	✓		✓
Walnut dressing	✓	✓	✓	✓	✓
Green salad	✓	✓	✓	✓	✓
Other salads (ingredients vary)					
Beans	✓	✓	✓	✓	✓
Potato	✓	✓	✓	✓	✓
Rice	✓	✓	✓	✓	✓
Vegetable burgers				✓	✓
Vegetable Lasagne	✓	✓	✓		✓
Vegetable curry	✓	✓	✓		✓
Chocolate brownies	✓	✓		✓	✓
Clafouti	✓	✓			dates

Any other food requirements are subject to a surcharge of €50 per person per weekend. This is specifically to cover the extra costs of the food preparation, not the ingredients.