

SERVED FROM  
8.00AM – 4.00PM

## PASTRIES

Freshly baked daily

**Selection Of Pastries (1,1,3,7)** **4.50**

**Homemade Plain or Fruit Scones** **4.95**  
With fresh cream & preserves (1,1,3,7)

**Blueberry or Chocolate**  
**Muffin (1,1,3,7)** **4.50**

## HEALTH & ENERGY

Protein packed & naturally delicious

**Overnight Oats** **5.50**  
With Greek yoghurt, berry compote  
(1,1,7)

**Chocolate Almond Protein Balls** **4.95**  
(1,1,6,8,1)

**Peanut Butter & Banana**  
**Protein Muffins (1,1,4,5,6,7)** **4.95**

**Pumpkin Seed Vegan Flapjack**  
(1,4,5,8,12) **4.20**

## AÇAÍ BOWLS

**Classic Açaí** **7.95**  
Açaí blended with banana and  
mixed berries topped with granola,  
strawberries, blueberries, coconut  
flakes, honey drizzle (1,1,7)

**Tropical Açaí** **8.50**  
Açaí blended with mango and  
pineapple topped with kiwi,  
passionfruit, coconut chips,  
chai seeds (7)

**Protein Power Bowl** **8.95**  
Açaí blended with added plant protein  
topped with almond butter, cacao  
nibs, banana, pumpkin seeds (6,7,8,1)

## SMOOTHIES

**Protein Power** **6.95**  
Banana, whey protein, almond milk  
& peanut butter (5,7,8,1)

**Berry Antioxidant** **6.95**  
Blueberry, raspberry, chia & oat  
milk (1,1)

SERVED FROM  
10.00AM – 10.00PM

## SWEET TREATS

**Sticky Toffee Pudding** 8.50

Vanilla ice cream &  
raspberry compote (1,3,7)

**Tangy Lemon Cake** 4.50

Light sponge, zesty curd (1,1,4,7)

**Fresh Local Strawberries & Cream** 8.50

Buttery shortbread (1,1,7)

**Chocolate Fudge Marquise** 9.50

Orange syrup, bitter chocolate brittle  
& blood orange sorbet (1,3,7)

**Rhubarb & Custard Pavlova** 9.50

Crème anglaise, fresh Irish vanilla  
cream (3,7)

PLEASE ASK YOUR SERVER FOR DAILY SPECIALS

SERVED FROM  
5.00PM – 10.00PM

## SNACK SELECTIONS

A perfect pairing to unwind, share & enjoy.

**Mediterranean Salad** 14.50

Creamy feta, vine-ripened cherry  
tomatoes, crisp cucumber,  
marinated jumbo olives, &  
oregano-infused olive oil  
(6,7,10,12)

**Warm Tortilla Chips with Dips** 13.95

Crisp tortilla served with house-  
made spicy guacamole & zesty  
tomato salsa (1,1,6,9,10,12)

**Mini Charcuterie Selection** 13.95

A curated assortment of artisan  
cured meats, complemented by  
crisp crackers & chef's seasonal  
accompaniments (1,1,3,4,6,7,10,12)

**Gourmet Nibbles Trio** 13.95

Mix of smoked almonds, wasabi crackers,  
& marinated jumbo olives (1,1,3,7)

**Chef's Selection of  
Three Irish Cheeses** 14.00

Fresh berries & grapes, celery sticks,  
assorted biscuits & fruit chutney (1,3,7)

## HOT BEVERAGES

### AVAILABLE ALL DAY

<b>Americano</b>	<b>4.20</b>
<b>Espresso</b>	<b>4.20</b>
<b>Cappuccino (7)</b>	<b>4.50</b>
<b>Latte (7)</b>	<b>4.50</b>
<b>Flat White (7)</b>	<b>4.20</b>
<b>Frappé(7)</b>	<b>4.70</b>
<b>Hot Chocolate (7)</b>	<b>4.30</b>
<b>Pot of Tea For One</b>	<b>4.20</b>
<b>Tea For Two</b>	<b>6.00</b>
<b>Selection of Flavour Syrups available</b>	<b>0.50</b>
<b>Soya, Coconut, Oat, Almond milk available</b>	

## ALLERGENS

1. Cereals containing gluten 2. Crustaceans  
3. Eggs 4. Fish 5. Peanuts 6. Soybeans 7. Dairy  
8. Tree Nuts 9. Celery 10. Mustard 11. Sesame Seeds  
12. Sulphur Dioxide & Sulphates 13. Lupin 14. Molluscs



# THE GRAND HOTEL

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