

# SKYLIFE

## lounge

**Breakfast** | 4.30am until 11am

Corn flakes or porridge

Organic natural yoghurt with maple syrup

Fresh baked gluten free bread  
with jam or marmalade

Fresh fruit from the basket

Selection of fruit in light syrup

Mini omelettes with cheese and fresh  
baked gluten free roll

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**Lunch** | 11am until 7pm

Soup of the day with gluten free roll  
or three bean chilli

Cheese board

cheddar and stilton with sweet pickle, grapes  
and gluten free oatcakes

Crudités

hummus | mixed leaf salad | cucumber | cherry tomatoes  
olives | pitta bread | with olive oil and balsamic to dress

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**Dessert options**

Fresh fruit from the basket

Fruit & nut bar

Honeybuns chocolate, pecan and caramel slice