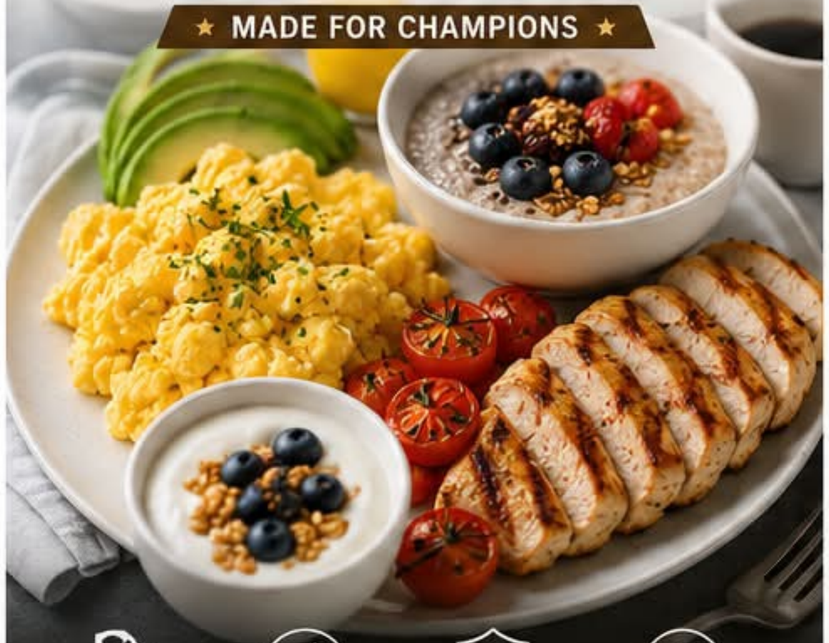
MANA

FUEL YOUR GAME
POWER YOUR PERFORMANCE

HIGH PROTEIN TEAM BREAKFAST

NUTRITIOUS. BALANCED. PERFORMANCE DRIVEN.

★ MADE FOR CHAMPIONS ★



HIGH PROTEIN Builds & Repairs Muscle

SUSTAINED ENERGY Long Lasting Fuel For Performance

IMMUNE SUPPORT Vitamins & Minerals For Recovery

HYDRATION Optimal Fluids For Peak Performance

ONLY €12 PER HEAD
MINIMUM 10 PERSONS

Sarsfield Street
Kilmallock, County Limerick
Ireland V35 DD82

Info@manacatering.ie

BREAKFAST MENU OPTIONS

ALL MEALS DESIGNED TO SUPPORT ENERGY, RECOVERY & PERFORMANCE

1 MATCH DAY BREAKFAST (HIGH ENERGY)

- Scrambled Eggs (3–4 eggs)
- Turkey Rashers / Lean Bacon
- Wholegrain Toast
- Porridge with Honey & Banana
- Mixed Berries
- Greek Yogurt
- Fresh Orange Juice



40g PROTEIN | 65g CARBS | 20g FAT | 580 CALORIES

2 RECOVERY BREAKFAST (POST TRAINING)

- Omelette (4 eggs) with Spinach & Cheese
- Grilled Chicken Strips
- Sweet Potato Hash
- Avocado
- Fruit Salad
- Protein Smoothie



50g PROTEIN | 60g CARBS | 18g FAT | 600 CALORIES

3 TEAM HOTEL BUFFET STYLE

- Boiled Eggs
- Scrambled Eggs
- Grilled Chicken Sausages
- Turkey Rashers
- Porridge Station
- Overnight Oats
- Wholemeal Bagels
- Peanut Butter
- Smoked Salmon
- Greek Yogurt Pots
- Fresh Fruit Platter
- Protein Shakes



35g PROTEIN | 55g CARBS | 15g FAT | 540 CALORIES

4 IRISH STYLE PERFORMANCE BREAKFAST

- Poached Eggs
- Lean Steak Strips
- Mushrooms
- Grilled Tomato
- Potato Cakes
- Porridge
- Banana
- Tea / Coffee



45g PROTEIN | 50g CARBS | 22g FAT | 620 CALORIES

5 LIGHT PRE-MATCH BREAKFAST

- Bagel with Peanut Butter
- Banana
- Protein Yogurt
- Smoothie (Banana, Oats, Whey, Berries)
- 2 Boiled Eggs



30g PROTEIN | 45g CARBS | 12g FAT | 450 CALORIES

ALL MENUS CAN BE CUSTOMISED
TO SUIT DIETARY REQUIREMENTS & PREFERENCES

NUTRITION & BENEFITS

EVERY MEAL. EVERY NUTRIENT. EVERY ADVANTAGE.

PROTEIN
Essential for muscle repair, growth & recovery. Supports strength & performance.

SOURCES:
Eggs, Chicken, Turkey, Greek Yogurt, Salmon, Lean Meats, Protein Shakes

CARBOHYDRATES
Provides the energy needed for training, games & recovery. Helps maintain glycogen stores.

SOURCES:
Oats, Wholegrain Bread, Sweet Potatoes, Fruit, Bagels, Porridge

HEALTHY FATS
Supports hormone production, brain function & long lasting energy.

SOURCES:
Avocado, Nuts, Seeds, Olive Oil, Peanut Butter, Salmon

VITAMINS & MINERALS
Strengthens immune function, reduces fatigue & supports overall health.

SOURCES:
Fruits, Vegetables, Berries, Yogurt, Nuts, Seeds

HYDRATION
Maintains performance, supports digestion and regulates body temperature.

SOURCES:
Water, Fresh Juices, Electrolyte Drinks, Herbal Teas

WHY CHOOSE MANA CATERING?

- Designed for athletes & high performance teams
- High quality, fresh ingredients
- Balanced nutrition for energy, focus & recovery
- Prepared by professional chefs
- Consistent quality, every time



ONLY €12 PER HEAD
MINIMUM 10 PERSONS

FUEL TODAY.
PERFORM TOMORROW.
WIN TOGETHER.

FRESH & QUALITY INGREDIENTS | TEAM FOCUSED NUTRITION | PERFORMANCE DRIVEN | MADE WITH CARE, SERVED WITH PRIDE

Good Food. Stronger Bodies. Better Performance.