



Good Morning!

Please Help Yourself to our Delicious Buffet

Juices

Orange, Grapefruit, Apple,

Tomato Juice on request

From the Orchard

Seasonal Fruit Salad, Grapefruit Segments, Prunes

Dairy

Milk, Low Fat Yoghurts, Yoghurts

Low Fat Milk available on request

Cereals

*Cornflakes, Rice Krispies, Muesli,
Weetabix, All Bran*

Breads

Homemade Brown Soda Bread, Croissants, Scones,

*(Chocolate & Blueberry Muffins,
Gluten Free Bread on request)*



Porridge

*Healthy Oatmeal Porridge
Add Honey & Cream as a Treat!*

Traditional Irish Breakfast

*Fried, Scrambled or Poached Eggs,
Bacon, Sausage, Mushroom, Tomato, Black & White Pudding*

Homemade Pancakes

With Lemon, Maple Syrup or Nutella

The Manor West Omelette

Ham, Cheese & Onion

French Toast

Brioche & Cinnamon

with Fruit Compote or Maple Syrup

Poached Fish of the Day

(please ask your server)

The Veggie Full Irish

Vegetarian Sausages, Mushroom, Tomato & Eggs