

BREAKFAST TIME

Good morning & welcome, our team will be delighted to serve your choice of the following

Juice

Orange, Apple, Cranberry or Grapefruit

Cereal

Corn Flakes (1a, 1c) Rice Krispies (1c) Weetabix (1a, 1c)
Museli (1a, 1d, 3a, 3d, 4) Coco Pops (1c)

Porridge (1d, 4)

Served with side of cream or honey

Fruit

Fresh fruit salad (14) Mandarin segments, peaches

Yoghurt

Natural yoghurt (4) Fruit yoghurt (4, 14) Granola pot (1d, 3a, 3d, 4)

Breads (1a, 1d, 4, 7, 13)

Toasted white & brown bread, soda bread, croissants,
sourdough, mini Danish pastries

Beverages

Barrys Tea / Matthew Algie Coffee / Herbal Tea

ALLERGEN GUIDE

1.Cereal 1a.Wheat 1b. Rye 1c.Barley 1d.Oats 2.Peanuts 3.Nuts 3a.Almonds 3b.Brazil Nuts
3c.Cashews 3d.Hazelnuts 3e.Macadamia 3f.Pecan 3g.Pistachio.
3h.Walnuts 4.Milk 5.Crustaceans 6.Mollusc 7.Eggs 8.Fish 9.Celery 10.Lupin 11.Mustard
12.Sesame Seeds 13.Soya 14.Sulphar Dioxide

GLUTEN FREE?

Selection of cereals, breads & above dishes can be adapted to suit your needs

HOT BREAKFAST CHOICE

Full Irish Breakfast

(1a, 1c, 1d, 4, 7, 11, 13, 14)

Sausages, bacon, black & white pudding, grilled tomato &
a choice of fried, poached or scrambled egg

Mini Irish Breakfast

The same as above but slightly smaller

French Toast (1a, 4, 7, 13, 14)

Brioche bread, topped with cinnamon sugar,
served with fruit compote or maple syrup

Manor West Omelette (4, 7, 13)

Add your choice of tomato, onion, ham or cheese

American Style Stacking Pancakes (1a, 3d, 4, 7, 14)

Served with Nutella, fruit compote or maple syrup

Vegan Avocado Toast (1a)

Crushed avocado & lime, chickpea & sun-dried tomato, on sourdough bread

Vegetarian Breakfast (1a, 1c, 1d, 4, 7, 9, 11, 13, 14)

Grilled vegetarian sausage, beans, hash brown, plum tomato,
& a choice of fried, poached or scrambled egg