

## Good Morning

### from the Continental Buffet

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#### Juices

Orange, Grapefruit, Apple & Tomato

#### From the Orchard

Seasonal Fruit Salad, Grapefruit Segments & Prunes

#### Dairy

Milk, Low Fat Yoghurts & Fruit Yoghurts.

Low fat milk available on request

#### Cereals

Corn Flakes, Rice Krispies, Muesli, Weetabix,  
All Bran & Porridge

#### Breads

Brown Soda Bread, Croissants, Scones, Muffins &  
Toast

## cooked breakfasts

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### Traditional Irish Breakfast

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

### Pancakes

with Lemon & Maple Syrup

### Grilled Kipper

with a Lime & Herb butter

### Manor West Omelette

Ham, Cheese & Onion

### Irish Smoked Salmon

with Scrambled Eggs

### Poached or Pan-Fried Fish of the Morning

### Grilled Medallions of Prime Irish Beef

with Sautéed Potatoes & Fried Eggs  
(supplement of €5 applies)