

GOURMET FOOD PARLOUR

Breakfast Menu

Pastry & scone selection available, ask your server for today's options

Signature Dishes

MEXICAN BREAKFAST BURRITO €12

Free range scrambled eggs, organic mixed beans and pepper salsa, smashed avocado, cheddar cheese, folded into a wrap [V] [1.1, 4, 5, 12]
Add bacon +€2.5

VEGAN BREAKFAST BURITTO €11

Crumbled smoked tofu, crispy potatoes bravas, organic mixed beans, smashed avocado, homemade spicy salsa, folded into a wrap [VE] [1.1, 12]

FARMHOUSE PLATE €15.5

Creamy free range scrambled eggs, Irish bacon, Clonakilty black & white pudding, pork sausages, chive and onion potato cake, tomato relish, Bretzel granary toast [1.1, 1.3, 4, 5, 10, 11]

KICKSTART BREAKFAST €14.25

Free range poached eggs, Irish bacon, overnight roasted tomato, chive and onion potato cake, smashed avocado, Bretzel granary toast [1.1, 1.3, 4, 5, 10, 11]

WOODLAND BREAKFAST €14.5

Creamy free range scrambled eggs, chive and onion potato cake, grilled portobello mushroom, overnight roasted tomato, smashed avocado and Bretzel granary [1.1, 1.3, 4, 5, 10, 11]

GOURMET VEGAN AVOCADO ON TOAST €14.5

Thick sliced sourdough, smashed avocado, sautéed baby spinach, grilled portobello mushroom, overnight baked tomato, roasted beetroot mousse [1.1, 8, 10, 11]

CHORIZO HASH €14

Free range poached eggs, spicy chorizo, crispy potatoes bravas, caramelised onions, hollandaise sauce
[1.1, 4, 5, 8, 12]

BIG BREAKFAST BAP €11

Irish bacon, pork sausage, tomato relish, fried egg on toasted brioche bun [1.1, 4, 5, 10]

Egg Dishes

PULLED HAM EGGS BENEDICT €14.5

Free range poached eggs, pulled ham, creamy hollandaise sauce, thick sliced brioche toast [1.1, 4, 5]

SIRACHA & MAPLE BUTTERMILK CHICKEN EGGS BENEDICT €15.5

Free range poached eggs, buttermilk fried chicken, maple and siracha infused hollandaise, thick sliced brioche toast [1.1, 4, 5, 8, 10]

SMOKED SALMON ON CRISPY POTATO ROSTI €16

Free range poached eggs, smoked salmon, wilted spinach, crispy potato rosti, lemon infused hollandaise sauce [1.1, 4, 5, 6, 8, 10, 12]

Sweet Options

CHOOSE FROM BUTTERMILK PANCAKES, FRENCH TOAST OR WAFFLES €14.5

Choose from one of the toppings below:

- Irish streaky bacon & vanilla infused maple syrup [1.1, 4, 5]
- Kinder Bueno sauce, Bueno pieces, white & milk chocolate pieces, sliced strawberries [V] [1.1, 2, 3, 4, 5, 8, 11]
- Caramelised peach, white chocolate & pistachio cream [V] [1.1, 2.7, 4, 5, 8]

Add-Ons

PORK SAUSAGES €3.5

BLACK / WHITE PUDDING [1.4] €3.5

BAKED MIXED BEANS €3

BACON €3.5

CHORIZO €2

Sides

For all fries, choose a dip from BBQ, garlic aioli, blue cheese, chipotle aioli [1.1, 5]

CRISPY PATATAS [1.1]	€4.5
RUSTIC FRIES [1.1]	€4.5
SWEET POTATO FRIES [1.1]	€5.25
WAFFLE FRIES [1.1]	€5.5
PATATAS BRAVAS Salsa, aioli [1.1, 5]	€7.5

Juices & Smoothies

KEELINGS FRESH JUICES Fresh apple & orange juice	€3.75
HOMEMADE SMOOTHIES Berry Mixed berries, banana, milk [4]	€6
TROPICAL Papaya, pineapple, mango, kiwi, coconut milk	€6

Cold Drinks

ALL ABOUT KOMBUCHA Ginger & Lemon Organic / Raspberry	€4.5
MINERALS Coke / Coke Zero / 7up / 7up Free / Club Orange	€3.75
SAN PELLEGRINO Lemon / Blood Orange	€3.75
WILD ORCHARD LEMONADES Cloudy / Pink	€4.5
FIOR UISCE WATER Still or Sparkling Small/Large	€2.5 / €5

Hot Drinks

Featuring our full bodied Parlour House Blend

ESPRESSO	€3
AMERICANO	€3.6
CAPPUCCINO [4]	€4.1
LATTE [4]	€4.1
FLAT WHITE [4]	€4
MOCHA [4]	€4.3
CHAI LATTE [4]	€4.1
HOT CHOCOLATE [4]	€4.3
IRISH BREAKFAST TEA	€3.5
TEA SELECTION Camomile / Peppermint / Earl Grey / Green Tea / Decaf	€3.75
ADD A SYRUP Vanilla / Hazelnut [2.2] / Caramel	50c
ALTERNATIVE MILKS 50c Soy [8] / Almond [2.1] / Oat [1.4] / Coconut [8]	30c

Decaf available on request

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ALLERGEN KEY

1. GLUTEN (1.1 Wheat 1.2 Rye 1.3 Barley 1.4 Oats) 2. NUTS (2.1 Almonds 2.2 Hazelnuts 2.3 Walnuts 2.4 Cashews
2.5 Pecan Nuts 2.6 Brazil Nuts 2.7 Pistachio Nuts 2.8 Macadamia/Queensland nut) 3. PEANUTS 4. MILK 5. EGGS 6. FISH
7. CRUSTACEANS (7.1 Crab 7.2 Prawns 7.3 Lobsters 7.4 Crayfish) 8. SOYBEANS 9. MOLLUSCS (9.1 Mussels 9.2 Oysters 9.3 Squid 9.4 Snails)
10. MUSTARD 11. SESAME SEEDS 12. SULPHUR DIOXIDE & SULPHITES 13. LUPIN 14. CELERY
[GF] GLUTEN FREE · [V] VEGETARIAN · [VE] VEGAN

All precaution is taken while preparing food in our kitchens. Our kitchen is NOT a nut and gluten free environment.

www.gourmetfoodparlour.com

(A discretionary service charge of 10% will be added to the bill for parties of 8 or more. 100% of tips go to our wonderful staff!)

We always endeavour to make sure your GFP experience is as seamless as possible, but we are only human!
If we do make a rare mistake please bear with us and we'll rectify for you as quickly as possible!