

GOURMET FOOD PARLOUR

Brunch Menu

Breakfast Dishes

FARMHOUSE PLATE €15.5

Irish bacon, Clonakilty black & white pudding, pork sausages, onion & chive potato cake, creamy free range scrambled eggs, relish, granary toast [1.1, 1.4, 4, 5, 10, 11, 12]

GOURMET VEGAN AVOCADO ON TOAST €14.5

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

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]

KICKSTART BREAKFAST €14.25

Free range poached eggs, Irish bacon, cherry tomatoes, onion & chive potato cake, smashed avocado, granary toast [1.1, 1.3, 4, 5, 10, 11]

MEXICAN BREAKFAST BURRITO €12

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

BIG BREAKFAST BAP €11

Irish bacon, pork sausage, tomato relish, fried egg on toasted brioche bun [1.1, 4, 5, 10] Add black/white pudding +€1.5

BREAKFAST ADD ONS

Pork/Vegan Sausages €3.5 | Black/White Pudding [1.4] €3.5 | Bacon €3.5 | Baked Beans €3 | Chorizo €2

Brunch Favourites

CAJUN CHICKEN QUESADILLAS €18

Monterey Jack cheese, tex mex salsa, guacamole & sour cream dips, rustic fries [1.1, 4, 5, 8, 12]*

GFP CHICKEN WINGS €17.5

Louisiana or BBQ bourbon sauce, rustic fries, garlic aioli or blue cheese dip [1.1, 4, 5, 8, 10, 11, 12, 14]*

GFP SMASH BURGER €18

Two premium Irish beef patties, American cheese, caramelised onion, pickles, secret GFP sauce, brioche bun, rustic fries [1.1, 4, 5, 8, 10] Add extra patty with cheese +€3.5

BUTTERMILK SOUTHERN FRIED CHICKEN BURGER €18.5

Tomato, lettuce, red onion, chipotle aioli, chicken gravy, brioche bun, rustic fries [1.1, 4, 5, 10]

CHICKEN & CHORIZO LINGUINE €18.5

Sundried tomato & shallot prosecco cream, parmesan & rocket [1.1, 4, 12] Add garlic bread +€2.00

THAI RED SWEET POTATO & RED PEPPER CURRY €16.5

Steamed basmati rice [VE] [V] [GF] [8, 14, 15] Add Chicken +€3 / Add Prawns [7.2] +€4

CHOOSE FROM BUTTERMILK PANCAKES, FRENCH TOAST OR WAFFLES €14.5

Irish streaky bacon & maple syrup [1.1, 4, 5]

Kinder Bueno sauce, Bueno pieces, white & milk chocolate pieces, sliced strawberries [V] [1.1, 2.1, 2.2, 2.3, 2.4, 2.7, 3, 4, 5, 8, 11]

Caramelised peach, white chocolate & pistachio cream [1.1, 2.7, 4, 5, 8]

***Dishes marked: Upgrade to Sweet Potato Fries or Waffle Fries +€1**

Sandwiches

FAMOUS ROAST CHICKEN €12.5

Roast chicken, crispy bacon, stuffing, garlic aioli, spring onion, rye bread [1.1, 4, 5, 8, 11]

LOUISIANA CHICKEN WRAP €13

Louisiana chicken goujons, cos lettuce, red onion, blue cheese aioli, toasted wrap [1.1, 4, 5, 8]

SUPERFOOD WRAP €11.5

Halloumi, avocado, roast beets, spinach, grated carrot, pumpkin seeds, honey mustard dressing, toasted beetroot wrap [V] [1.1, 4, 10]

TOASTED GOATS CHEESE CIABATTA €12.5

Goats cheese, sundried tomatoes, rocket, red onion marmalade, toasted ciabatta [V] [1.1, 4, 12] Gluten free bread available

SANDWICH ADD-ONS

Cup of Soup of the Day €3.5 | Cheddar Cheese [4] €2 | Irish Bacon €3 | Roast Chicken €3

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Brunch Menu

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

Salads & Bowls

CHICKEN & BACON CAESAR €16

Roast chicken, Irish bacon, cos lettuce, parmesan shaving, croutons, Caesar dressing [1.1, 4, 5, 6, 8, 14]

SUPERFOOD SALAD €15.5

Quinoa, beetroot, butternut squash, pomegranate, mixed leaves, citrus dressing, toasted seeds [VE] [V] [GF] [8]

GOATS CHEESE SALAD €15.5

Candied walnuts, beetroot, fig, red onion, rocket, balsamic dressing [V] [2.3, 4, 12]

ADD-ONS

Halloumi [4] €2.6 | Avocado €2.6 | Chicken €3.6 | Prawns [7.2] €4

Sides & Light Bites

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

SOUP OF THE DAY €7.5

Served with fresh bread [1.1, 4, 11, 15]

BONELESS CHICKEN BITES €8

Plain, Louisiana, or BBQ bourbon sauce, garlic aioli or blue cheese dip [1.1, 4, 5, 8]

RUSTIC FRIES €4.5 [1.1]

SWEET POTATO FRIES €5.25 [1.1]

WAFFLE FRIES €5.5 [1.1]

PATATAS BRAVAS €7.5

Salsa, aioli [1.1, 5]

HOUSE SIDE SALAD €6

Tossed green salad

Juices & Smoothies

KEELINGS FRESH JUICES €3.75

Fresh apple & orange juice

HOMEMADE SMOOTHIES

Berry €6

Mixed berries, banana, milk [4]

Tropical €6

Papaya, pineapple, mango, kiwi, coconut milk

Cold Drinks

ALL ABOUT KOMBUCHA €4.5

Ginger & Lemon Organic / Raspberry

MINERALS €3.75

Coke / Coke Zero / 7up / 7up Free / Club Orange

SAN PELLEGRINO €3.75

Lemon / Blood Orange

WILD ORCHARD LEMONADES

€4.5

Cloudy / Pink

FIOR UISCE WATER €2.5 / €5

Still or Sparkling Small/Large

Hot Drinks

Featuring our full bodied Parlour House Blend

ESPRESSO €3

MOCHA [4] €4.3

AMERICANO €3.6

CHAI LATTE [4] €4.1

CAPPUCCINO [4] €4.1

HOT CHOCOLATE [4] €4.3

LATTE [4] €4.1

IRISH BREAKFAST TEA €3.5

FLAT WHITE [4] €4

TEA SELECTION €3.75

Camomile / Peppermint / Earl Grey / Green Tea / Decaf

ADD A SYRUP 50c

Vanilla / Hazelnut [2.2] / Caramel

ALTERNATIVE MILKS 30c

Soy [8] / Almond [2.1] / Oat [1.4] / Coconut [8]

Decaf available on request

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

(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!)

ADD-ONS
Halloumi [4] €2.5 | Avocado €2.5 | Chicken €3 | Prawns [7.2] €4