

GOURMET FOOD PARLOUR

RESTAURANTS · CATERING

DUNSHAUGHLIN BREAKFAST MENU

All of our breakfasts are freshly cooked using local Irish suppliers

Proudly serving the community since October 2022

SIGNATURE DISHES

Tried and tested GFP favourites handcrafted for you

BREAKFAST WRAP €10

Free range scrambled eggs, grilled bacon, tomato relish, toasted wrap
[1.1, 4, 5, 12]

Vegetarian option: Eggs, spinach, relish, mushrooms [5]

Add spinach & mushrooms +€2

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]

GOURMET VEGAN AVOCADO TOAST €14.5

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

Add poached eggs [5] +€2.5

Add streaky +€3.5

CHORIZO HASH €14

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

Add Halloumi €2.5

BIG BREAKFAST BAP €11

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

Add Clonakilty black/white pudding +€2.5

EGG DISHES

Using free range eggs from happy hens

BUFFALO BUTTERMILK CHICKEN EGGS BENEDICT €15.50

Buttermilk fried chicken, free range poached eggs, maple & Sriracha infused hollandaise, brioche toast [1.1, 4, 5, 8, 10]

GRILLED BACON EGGS BENEDICT €14.50

Grilled Irish bacon, free range poached eggs, hollandaise sauce, brioche toast [1.1, 4, 5, 8]

SOMETHING SWEET

Indulge, why not??

CHOOSE FROM BUTTERMILK PANCAKES, FRENCH TOAST €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]

ACAI BOWL

with our Homemade Granola Base

Rich in antioxidants - the perfect way to maintain a healthy lifestyle

BUILD YOUR OWN €10

FRUITS: CHOOSE TWO

- Strawberry

- Banana

- Blueberry

DRIZZLE: CHOOSE ONE

- Peanut Butter [3]

- Honey

- Chocolate [2, 4, 8, 11]

NUTS & SEEDS: CHOOSE TWO

- Chia seeds

- Flax seeds

- Goji berries

SPRINKLES: CHOOSE ONE

- Coconut flakes

- Granola [1, 2, 12]

- Chocolate Chips [4, 8]

May contain nuts. Please ask your server.

SIDES

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

RUSTIC FRIES [1.1] €4.5

SWEET POTATO FRIES [1.1] €5.25

WAFFLE FRIES [1.1] €5.5

PATATAS BRAVAS €7.5

Salsa, aioli [1.1, 5]

ADD-ONS

Looking for something extra? The perfect compliment

PORK SAUSAGES €3.5

BLACK / WHITE PUDDING [1.4] €3.5

BAKED MIXED BEANS €3

BACON €3.5

CHORIZO €2

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JUICES & SMOOTHIES

Your vitamins and minerals fix: Made fresh in store

KEELINGS FRESH JUICES €3.75

Fresh apple or orange juice

HOMEMADE SMOOTHIES €6

BERRY

Mixed berries, banana, milk [4]

TROPICAL

Papaya, pineapple, mango, kiwi, coconut milk

HOMEMADE LEMONADES

The perfect balance of sweetness and zest

SUMMER BERRY €7

Freshly squeezed lemon juice, strawberry puree, raspberry syrup, sparkling water

KIWI & mint €7

Freshly squeezed lemon juice, Kiwi syrup, mint leaves, sparkling water

PASSIONFRUIT €7

Freshly squeezed lemon juice, Passionfruit syrup, mint leaves, sparkling water

REFRESHMENTS

Tantalising and refreshing

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

TEA & COFFEE

Featuring our full bodied Parlour House Blend

COLD

ICED AMERICANO €4.5

ICED LATTE [4] €4.5

ICED MOCHA [4] €4.5

ICED TEA €7

Green Tea & Peach, Mango & Pineapple

HOT

ESPRESSO €3

AMERICANO €3.6

CAPPUCCINO [4] €4.1

LATTE [4] €4.1

FLAT WHITE [4] €4

CHAI LATTE [4] €4.1

MOCHA [4] €4.3

HOT CHOCOLATE [4] €4.3

IRISH BREAKFAST TEA €3.5

TEA SELECTION €3.75

Camomile / Peppermint / Earl Grey
/ Green Tea / Decaf

ADD A SYRUP 50c
Vanilla / Hazelnut [2.2] / Caramel

ADD ALTERNATIVE MILK 30c
Soy [8] / Almond [2.1] / Oat [1.4] / Coconut [8]

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!)

Thank you for choosing Gourmet Food Parlour. We hope you enjoyed your meal and had a wonderful experience. Your support means the world to us, and we look forward to welcoming you back soon. Have a great day!