

# GOURMET FOOD PARLOUR

RESTAURANTS · CATERING

## DUNSHAUGHLIN BRUNCH MENU

All of our breakfasts are freshly cooked using local Irish suppliers

Proudly serving the community since October 2022

### BREAKFAST DISHES

*Morning magic to start your day right*

#### 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, sauteed 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]

#### BREAKFAST BAP €11

Irish bacon, pork sausage, tomato relish, toasted ciabatta [1.1, 10, 12] Add black/white pudding [1.4] +€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

*Tried and tested GFP favourites handcrafted for you*

#### 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

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

### 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

### SALAD

*Looking for something healthy?*

#### 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 | Prawns [7.2] €4

### 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

##### NUTS & SEEDS: CHOOSE TWO

- Chia seeds  
- Flax seeds  
- Goji berries

##### DRIZZLE: CHOOSE ONE

- Peanut Butter [3]  
- Honey  
- Chocolate [2, 4, 8, 11]

##### SPRINKLES: CHOOSE ONE

- Coconut flakes  
- Granola [1, 2, 12]  
- Chocolate Chips [4, 8]

*May contain nuts. Please ask your server.*

### PIZZA

*Say Cheeeeeeese!*

#### CLASSIC MARGHERITA €14.5

San Marzano tomato sauce, buffalo mozzarella, fresh basil, our famous garlic dip [1.1, 4, 5]

#### THE HILL OF TARA €16

San Marzano tomato sauce, buffalo mozzarella, wooded pig garlic salami, our famous garlic dip [1.1, 4, 5]

#### THE ITALIANO €17

San Marzano tomato sauce, buffalo mozzarella, wooded pig garlic salami, red onion, sun dried tomatoes, basil pesto [1.1, 4]

#### PARMIGIANA €18

San Marzano tomato sauce, Ricotta, goats cheese, buffalo mozzarella, spinach, chilli honey [1.1, 4]

#### BBQ BLAST €16.5

BBQ base, Cajun chicken, red onion, roasted red pepper, buffalo mozzarella [1.1, 4, 8, 11]

#### WHITE WONDER €16.5

Burrata and Olive oil base, parmesan, basil oil, garlic salami, fresh rocket [1.1, 4]

### SOMETHING SWEET

*Indulge, why not??*

#### 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]

### SANDWICHES

#### TRIPLE DECKER CLUB SANDWICH €14

Roast chicken, crispy bacon, tomato, Dubliner cheddar, free range egg, mixed leaves, pesto mayonnaise, toasted bloomer [1.1, 1.2, 4, 5]

#### 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]

#### 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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### JUICES & SMOOTHIES

*Your vitamins and minerals fix: Made fresh in store*

KEELINGS FRESH JUICES €3.75

Fresh apple & orange juice

HOMEMADE SMOOTHIES €6

Berry

Mixed berries, banana, milk [4]

TROPICAL €6

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 puree, sparkling water

KIWI & mint €7

Freshly squeezed lemon juice, Kiwi puree, 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 €4.5

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

Decaf available on request

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](http://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!