

# GOURMET FOOD PARLOUR

RESTAURANTS · CATERING

## MALAHIDE BRUNCH MENU

All of our breakfasts are freshly cooked using local Irish suppliers

Proudly serving the community since 2011

### BREAKFAST DISHES

*Morning magic to start your day right*

#### FARMHOUSE PLATE €15.50

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

#### 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]

#### BREAKFAST BAP €11.50

Irish bacon, pork sausages, free range fried egg, tomato relish, toasted bap [1.1, 5, 10]  
Add Clonakilty black pudding or white pudding +€2.5

#### BREAKFAST WRAP €10

Free range scrambled eggs, grilled bacon, tomato relish, toasted wrap [1.1, 4, 5, 12]  
Add spinach & mushrooms +€2

#### KICKSTART BREAKFAST €14.50

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

#### WOODLAND BREAKFAST €15

Scrambled eggs, onion & chive potato cake, grilled portobello mushrooms, overnight roasted tomato, avocado, Bretzel granary toast [1.1, 1.3, 4, 5, 10, 11]

#### GRILLED BACON EGGS BENEDICT €14.50

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

#### GOURMET VEGAN AVOCADO TOAST €14.50

Smashed avocado, sautéed baby spinach, grilled garlic mushrooms, overnight roasted tomato, roast beetroot mousse, mixed seeds, sourdough toast [V][VE] [1.1, 8, 10, 11]  
Add poached egg +€2.5 | Add streaky +€3.5

### 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 €17.50

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 +€3.50

#### BUTTERMILK SOUTHERN FRIED CHICKEN BURGER €18.50

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

#### PASTA OF THE WEEK €MP

Ask your server for details of today's offering [1.1, 4, 12]  
Add garlic bread +€2.00

#### THAI RED SWEET POTATO & RED PEPPER CURRY €16.50

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 €7.50

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 [1.1] €4.50

#### SWEET POTATO FRIES [1.1] €5.25

#### WAFFLE FRIES [1.1] €5.50

PATATAS BRAVAS €7.50  
Salsa, aioli [1.1, 5]

#### HOUSE SIDE SALAD €6

### 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.*

### SOMETHING SWEET

*Indulge, why not??*

#### BUTTERMILK PANCAKES | FRENCH TOAST €14.50

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]

### 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 €12.50

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]

#### CAJUN CHICKEN WRAP €12.50

Cajun chicken, Monterey Jack cheese, red onion, rocket, tomato, toasted wrap [1.1, 4, 5, 8, 10]

#### SUPERFOOD WRAP €11.50

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

#### TOASTED GOATS CHEESE CIABATTA €12.50

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

#### SANDWICH ADD-ONS

Cup of Soup of the Day €3.50 | Cheddar Cheese [4] €2 | Irish Bacon €3 | Roast Chicken €3

*\*Gluten free bread available*

### SALAD

*Looking for something healthy??*

#### GRILLED SESAME HALLOUMI BOWL €16

Sesame crusted halloumi, jasmine rice, slow roast peppers, fresh avocado, tomato, red kidney beans, edamame beans, ginger & honey salsa [GF][V] [4, 8, 11]

#### CHICKEN & BACON CAESAR €16

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

#### SUPERFOOD SALAD €15.50

Quinoa, beetroot, butternut squash, pomegranate, mixed leaves, citrus dressing, toasted seeds [VE][V][GF] [8, 11]

#### GOATS CHEESE SALAD €15.50

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

#### ADD-ONS

Halloumi [4] €2.6 | Avocado €2.6 | Chicken €3 | Prawns €4 [7.2]

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## MALAHIDE BRUNCH MENU

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## REFRESHMENTS

*Tantalising and refreshing*

**ALL ABOUT KOMBUCHA €4.5**  
Ginger & Lemon Organic  
/ Raspberry

**MINERALS €3.75**  
Coke / Coke Zero / 7up / 7up Free  
/ Club Orange

**WILD ORCHARD SMOOTHIES €6**  
Mango/passionfruit & Strawberry

**KEELINGS FRESH JUICES €3.75**  
Fresh apple or orange juice

**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

### 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!