

HENRY'S  
X  
GOURMET  
FOOD PARLOUR

## SOUPS & SANDWICHES

<b>BREAKFAST BUTTY</b> Brioche bun, sausage, crispy streaky bacon, Swiss cheese tomato relish [1.1, 4, 5, 8, 10, 11, 12]	€7.00
<b>EGG SALAD AND BACON</b> Creamy egg, chives, crispy bacon bits, cracked black pepper, crispy cos lettuce on granary bread [1.1, 1.2, 1.3, 1.4, 4, 5, 8, 10, 11, 12, 14]	€7.50
<b>ULTIMATE VEGAN WRAP</b> Wrap Beetroot wrap, guacamole, butternut squash, mixed leaves, beetroot, quinoa [1.1, 8, 10, 14]	€7.50
<b>CAJUN PULLED CHICKEN</b> Pulled chicken, sliced red onion, fresh peppers, Cajun aioli, cheddar cheese on sourdough [1.1, 4, 5, 8, 10, 12, 14]	€8.00
<b>CHOPPER CIABATTA</b> Pastrami, Swiss cheese, dill pickles, beef tomato, honey mustard aioli, mixed leaves [1.1, 4, 5, 8, 10, 11, 12]	€8.00
<b>LITTLE ITALY</b> Salami, green pesto aioli, rocket, confit tomatoes, melting mozzarella on Italian sourdough bread [1.1, 4, 5, 8, 10, 11, 12]	€9.00
<b>3 CHEESES TOASTIE</b> Caramelized onion, mozzarella, Swiss cheese, smoked cheddar, tomato relish on white bloom bread [1.1, 4, 8, 10, 12]	€7.00
<b>GFP HAM AND CHEESE</b> Ham, honey mustard aioli, sliced cheddar, red onion, tomato relish on white bloom bread [1.1, 4, 5, 8, 10, 11, 12]	€8.00
<b>CHICKEN CAESAR WRAP</b> Roast chicken, crispy cos lettuce, bacon bites, parmesan shaving, Caesar aioli [1.1, 4, 5, 6, 8, 10, 11, 12]	€9.00
<b>SOUP OF THE DAY</b> Soup of the day served with homemade Guinness bread	€8.00

## ACAI BOWLS

with our Homemade Granola Base  
Rich in antioxidants - the perfect way to maintain a healthy lifestyle

€10.00

### BUILD YOUR OWN €10

FRUITS: CHOOSE TWO	NUTS & SEEDS: CHOOSE TWO	DRIZZLE: CHOOSE ONE	SPRINKLES: CHOOSE ONE
- Strawberry	- Chia seeds	- Peanut Butter [3]	- Coconut flakes
- Banana	- Flax seeds	- Honey	- Granola [1, 2, 12]
- Blueberry	- Goji berries	- Chocolate [2, 4, 8, 11]	- Chocolate Chips [4, 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

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## PASTRIES

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- Croissant [1.1, 4, 5] €3.75
  - Almond croissant [1.1, 2.2, 4, 5] €4.00
  - Pain au raisin [1.1, 4, 5] €4.00
  - Cinnamon roll [1.1, 1.4, 4, 5, 8] €4.00
  - Scones selection: Strawberry and white chocolate, fruit or plain [1.1, 2, 4, 5] €4.00
  - Dressed cookies [1.1, 4, 5, 8] €3.75
  - Berry apple crumble [1.1, 1.2, 1.3, 1.4, 4, 5, 12] €5.00
  - Lemon loaf [1.1, 4, 5, 8] €4.00
  - Carrot Cake [GF 2.3, 4, 5] €6.00
  - Selection of muffin (lemon chia seed, blueberry) [1.1, 2, 4, 5, 8] €4.25
- \*May contain nuts*

## SWEET TREATS

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- **POP DOTS** €2.00
    - Strawberry [1.1, 1.4, 4, 5, 8]
    - Hazelnut [1.1, 1.4, 2.2, 4, 5, 8]
  - **CHOUXNUT** €3.75
    - White chocolate mousse, caramelised biscuit and caramel fondant [1.1, 1.4, 4, 5, 8]
  - **BOUNTIFUL BROWNIE** €3.50
    - [1.1, 1.4, 4, 5, 8]
  - **ROCKY ROAD** €3.50
    - [1.1, 4]
- \*May contain nuts*

## SAVOURY TREATS

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- **SAUSAGE ROLL** €9.00

Homemade sausage rolls served with tomato chutney and dressed leaves [1.1,8]  
*[may contain nuts, peanuts, sesame, sulphites, mustard]*

- **HOMEMADE QUICHE** €10.00

Homemade quiche served with tomato chutney and dressed leaves [1, 4, 5, 14]

## KIDS MENU

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- Ham and cheese toastie [1.1, 4, 10] €5.00
- Pizza bagel (plain bagel, cheese, tomato) €5.00
- Sausage Sandwich (sausages on toasted bread with ketchup) €5.00

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## HOT DRINKS

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Espresso	€3.20
Americano	€3.70
Cappuccino [4]	€4.10
Latte [4]	€4.10
Flat White [4]	€4.00
Mocha [4]	€4.30
Chai Latte [4]	€4.10
Matcha Latte	€4.50
Irish Breakfast Tea	€3.50
Organic Tea Selection	€3.75
Chamomile / Peppermint / Earl Grey / Green Tea / Decaf	

## HOT CHOCOLATE MENU

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<b>CLASSIC FRENCH</b>	€4.50
Thick & rich hot chocolate served with fresh cream soft top [4]	
<b>SMORES HOT CHOCOLATE</b>	€5.00
Our signature hot chocolate blend, marshmallow fluff, chocolate drizzle [4]	
<b>Add a Syrup 50c</b>	
Vanilla / Hazelnut [2.2] / Caramel	
<b>Alternative Milks 30c</b>	
Soy [8] / Almond [2.1] / Oat Milk [1.4] / Coconut Milk [8]	

## ICED DRINKS

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Latte [4]	€4.20
Americano	€3.70
Matcha [4]	€4.85
Vanilla Frappuccino [4]	€4.95
Kinder Bueno Frappuccino [2.2,4]	€5.25
<b>Iced Teas (ask your server about flavours)</b>	€6.00
Green Tea & Peach (green tea, peach puree, apple juice)	
Apple Berry (apple berry tea, raspberry syrup, berries)	

## HOUSE SMOOTHIES

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<b>BEET IT</b>	€6.00
Blueberry, banana, beetroot, milk, honey, cinnamon [4]	
<b>TROPICAL DETOX</b>	€6.00
Spinach, banana, pineapple, mango, kiwi, coconut, chia seeds	
<b>STRAWBERRY OATMEAL</b>	€6.00
Strawberry, rolled oats, banana, almond milk, peanut butter, vanilla [1.4, 2.1, 3]	

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GRAB & GO

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**MINERALS €3.75**

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

**W.B. YEATS IRISH STILL WATER CARTON 500ML €2.75**

**VIT HIT €3.00**

Immunita Dragonfruit  
Perform Mango & Passionfruit  
Berry Boost  
Lean & Green  
Hydrate Lime & Guava  
Detox Mandarin & Green Tea  
Sparkling Mango & Pineapple  
Sparkling Raspberry & Watermelon  
Sparkling Pink Grapefruit & Lime

Apple Juice €4.00

Orange Juice €4.00

**SISU €3.25/ 2 for €6.00**

Vitamin C shot

Vitamin D shot

**ICED TEAS €6.00**

Ask your server about flavours

**ALL ABOUT KOMBUCHA €4.50**

Ginger & Lemon/ Raspberry

**KIDS**

Fruit Shoot €2.50

Innocent Apple Juice €2.50