

GOURMET FOOD PARLOUR

RESTAURANTS · CATERING

Breakfast Menu

Signature Dishes

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]

WOODLAND BREAKFAST €15

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

BREAKFAST BAP €11.50

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

BREAKFAST WRAP €10

Free range scrambled eggs, grilled rashers, tomato relish folded into a wrap [1.1, 4, 5, 12]
Add spinach & mushrooms €2
Vegetarian option: eggs, spinach, relish, mushrooms

KICKSTART BREAKFAST €14.50

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

CHORIZO HASH €14

Free range poached eggs, chorizo, crispy patatas, balsamic onions, hollandaise sauce [1.1 4, 5, 8, 12]
Add Halloumi €2.5

GOURMET VEGAN AVOCADO ON TOAST €14.50

Thick sliced sourdough, smashed avocado, sautéed baby spinach, grilled garlic mushrooms, overnight baked tomato, roasted beetroot mousse, mix seeds [1.1, 8, 10, 11]

Egg Dishes

GRILLED BACON EGGS BENEDICT €14.50

Grilled Irish rashers, free range poached eggs, served on a toasted thick sliced brioche toast, hollandaise sauce. [1.1, 4, 5, 8]

BUFFALO BUTTERMILK CHICKEN EGGS BENEDICT €15.50

Buttermilk fried chicken, maple and siracha infused hollandaise poached eggs served on a toasted thick sliced brioche toast. [1.1, 4, 5, 8, 10]

Sweet Options

BUTTERMILK PANCAKE STACK €14.50 | BELGIAN WAFFLES €13.50

- 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]

Add-Ons

PORK / VEGAN SAUSAGES €3.5

BLACK / WHITE PUDDING [1.4] €3.5

BAKED BEANS €3

BACON €3.5

CHORIZO €2

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]

Juices & Smoothies

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

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

AMERICANO €3.6

CAPPUCCINO [4] €4.1

LATTE [4] €4.1

FLAT WHITE [4] €4

MOCHA [4] CHAI LATTE [4] €4.3

HOT CHOCOLATE [4] €4.1

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

ALTERNATIVE MILKS 30c

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

Decaf available on request

Swords

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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!)

We always endeavour to make sure your GFP experience is as seamless as possible, but we are only human! If we do make a rare mistake please bear with us and we'll rectify for you as quickly as possible!