

# GOURMET FOOD PARLOUR

RESTAURANTS · CATERING

## Brunch Menu

### Breakfast Dishes

#### FARMHOUSE PLATE €16.50

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 TOAST €15.50

Smashed avocado, sautéed baby spinach, grilled garlic mushrooms, overnight roasted tomato, roasted beetroot mousse, mixed seeds, sourdough toast [V] [VE] [1.1, 8, 10, 11]

Add poached egg +€2.5 | Add streaky +€3.5

#### BUFFALO BUTTERMILK CHICKEN EGGS BENEDICT €16.50

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

#### KICKSTART BREAKFAST €15

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

#### BIG BREAKFAST BAP €12.50

Irish bacon, pork sausages, free range fried egg, tomato relish, toasted bap [1.1, 5, 10]

Add Clonakilty black or white pudding +€2.5

#### GRILLED BACON EGGS BENEDICT €15

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

#### BREAKFAST ADD ONS

Pork/Vegan Sausages €3.5 | Clonakilty Black/White Pudding [1.4] €3.5 | Bacon €3.5 | Baked Beans €3 | Chorizo €2

### Brunch Favourites

#### CAJUN CHICKEN QUESADILLAS €18.50

Monterey Jack cheese, tex mex salsa, guacamole & sour cream dips, rustic fries [1.1, 4, 5, 8, 12]

#### GFP CHICKEN WINGS €17.95

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 €18.95

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 €18.95

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

#### CHICKEN & CHORIZO LINGUINE €18.95

Sundried tomato & shallot prosecco cream, parmesan & rocket [1.1, 4, 12]

Add garlic bread +€2

#### THAI RED SWEET POTATO & RED PEPPER CURRY €16.95

Steamed basmati rice [VE] [V] [GF] [8, 14, 15]

Add Chicken +€3 / Add Prawns [7.2] +€4

#### BUTTERMILK PANCAKE STACK | FRENCH TOAST €15

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]

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

### Sandwiches

#### TRIPLE DECKER CLUB SANDWICH €14.50

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 €12.95

Roast chicken, crispy bacon, stuffing, garlic aioli, spring onion, rye bread [1.1, 4, 5, 8, 11]

#### LOUISIANA CHICKEN WRAP €13.50

Louisiana chicken goujons, cos lettuce, red onion, blue cheese aioli, toasted wrap [1.1, 4, 5, 8]

#### SUPERFOOD WRAP €12.50

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

#### TOASTED GOATS CHEESE CIABATTA €12.95

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

#### SANDWICH ADD-ONS

Cup of Soup of the Day €3.5 | Cheddar Cheese [4] €2 | Irish Bacon €3 | Roast Chicken €3

\*Gluten free bread available

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## Brunch Menu

Pastry & scone selection available, ask your server for today's options

### Salad & Bowls

#### GRILLED SESAME HALLOUMI BOWL €16.5

Sesame crusted halloumi, jasmine rice, slow roast peppers, fresh avocado, tomato, red kidney beans, ginger & honey salsa  
[GF] [V] [4, 8, 11]  
Vegan option: Grilled tofu with sesame seeds

#### CHICKEN & BACON CAESAR €16.5

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

#### SUPERFOOD SALAD €15.95

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

#### GOATS CHEESE SALAD €15.95

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

#### ADD-ONS

Halloumi [4] €2.6 | Avocado €2.6 | Chicken €3.6 | Prawns [7.2] €4

### Sides & Light Bites

#### SOUP OF THE DAY €8.5

Served with fresh bread [1.1, 4, 11]

#### BONELESS CHICKEN BITES €9.95

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

Tossed green salad

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

### Juices & Smoothies

#### KEELINGS FRESH JUICES €4

Fresh apple or orange juice

#### HOMEMADE SMOOTHIES

##### Berry €6

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

### 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

### Hot Drinks

Featuring our full bodied Parlour House Blend

#### ESPRESSO €3

#### AMERICANO €3.75

#### CAPPUCCINO [4] €4.3

#### LATTE [4] €4.3

#### FLAT WHITE [4] €4

#### MOCHA [4] €4.5

#### CHAI LATTE [4] €4.3

#### HOT CHOCOLATE [4] €4.3

#### IRISH BREAKFAST TEA €3.6

#### TEA SELECTION €3.75

Camomile / Peppermint / Earl Grey / Green Tea / Decaf

### Cold

#### ICED AMERICANO €4.75

#### ICED LATTE [4] €4.75

#### ICED MOCHA [4] €4.75

#### ICED TEA €7

Green Tea & Peach, Mango & Pineapple

**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

#### 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  
(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!)