

GOURMET FOOD PARLOUR

RESTAURANTS · CATERING

SALTHILL ALL DAY MENU

All of our dishes are freshly cooked using local Irish suppliers

Proudly serving the community since November 2018

BREAKFAST DISHES

Morning magic to start your day right. (serving all day)

FARMHOUSE PLATE €13.5

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]

VEGAN BREAKFAST €12.5

Vegan Sausages, crispy patatas, smashed avocado, cherry tomatoes, mushrooms, granary toast [VE] [1.1, 8, 11, 12]

PULLED HAM EGGS BENEDICT €12.5

Free range poached eggs, pulled ham, creamy hollandaise sauce, toasted English muffin [1.1, 4, 5, 8]

KICKSTART BREAKFAST €12.5

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

CHORIZO HASH €12.5

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

BREAKFAST CIABATTA €9

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 €2.5 | Black/White Pudding [1.4] €2.5 | Bacon €2.5 | Baked Beans €2.5 | Chorizo €1.5

BRUNCH FAVOURITES

Tried and tested GFP favourites handcrafted for you

CAJUN CHICKEN QUESADILLAS €16.5

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

GFP CHICKEN WINGS €16.5

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 €15

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 €17

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

FISH & CHIPS €17.50

Battered fresh hake served with rustic fries and citrus salad [1.1, 6, 12]

CHICKEN & CHORIZO LINGUINE €16.5

Sundried tomato & shallot prosecco cream, parmesan & rocket [1.1, 4, 12] Add garlic bread +€2.00

THAI RED SWEET POTATO & RED PEPPER CURRY €14

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 [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]

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 €9.50

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 €13.5

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]

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

SALADS & BOWLS

Looking for something healthy?

GRILLED SESAME HALLOUMI BOWL €14.5

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

CHICKEN & BACON CAESAR €14.5

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

SUPERFOOD SALAD €14

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

ADD-ONS

Halloumi [4] €2.5 | Avocado €2.5 | Chicken €3 | Prawns [7.2] €4 | Goats Cheese €4

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JUICES & SMOOTHIES

Your vitamins and minerals fix: Made fresh in store

KEELINGS FRESH JUICES €3.5

Fresh apple & orange juice

HOMEMADE SMOOTHIES €6

BERRY

Mixed berries, banana, milk [4]

TROPICAL

Papaya, pineapple, mango, kiwi, coconut milk

HOMEMADE LEMONADES

The perfect balance of sweetness and zest

SUMMER BERRY €6.5

Freshly squeezed lemon juice, strawberry puree, raspberry syrup, sparkling water

KIWI & mint €6.5

Freshly squeezed lemon juice, Kiwi syrup, mint leaves, sparkling water

PASSIONFRUIT €6.5

Freshly squeezed lemon juice, Passionfruit syrup, mint leaves, sparkling water

REFRESHMENTS

Tantalising and refreshing

ALL ABOUT KOMBUCHA €4.5

Ginger & Lemon Organic
/ Raspberry

MINERALS €3.5

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

SAN PELLEGRINO €3.75

Lemon / Blood Orange

WILD ORCHARD LEMONADES €4.2

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 €6.5

Green Tea & Peach, Mango & Pineapple

HOT

ESPRESSO €2.6

AMERICANO €3.2

CAPPUCCINO [4] €3.8

LATTE [4] €3.8

FLAT WHITE [4] €3.7

Decaf available on request

CHAI LATTE [4] €3.7

MOCHA [4] €4

HOT CHOCOLATE [4] €4.1

IRISH BREAKFAST TEA €3

TEA SELECTION €3.3

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

(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!