

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]

BREAKFAST BAP €11.50

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

BREAKFAST WRAP €10

Free-range scrambled eggs, grilled rashers, and tomato relish folded into a wrap [1.1, 4, 5, 12]
Vegetarian options: Eggs, spinach, relish, mushrooms [5]
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]

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 roasted tomato, roast beetroot mousse, mixed seeds [V] [VE] [1.1, 8, 10, 11]
Add poached eggs [5] +€2.5
Add streaky +€3.5

Egg Dishes

GRILLED BACON EGGS BENEDICT €14.50

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

BUFFALO BUTTERMILK CHICKEN EGGS BENEDICT €15.50

Buttermilk fried chicken, maple and Sriracha infused hollandaise and 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 or orange juice

HOMEMADE SMOOTHIES €6

Berry

Mixed berries, banana, milk [4]

Tropical

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

Santry

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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!