

GOURMET FOOD PARLOUR

Brunch Menu

Breakfast Dishes

FARMHOUSE PLATE €15.5

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 €14.5

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

PULLED HAM EGGS BENEDICT €14.5

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

KICKSTART BREAKFAST €14.25

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

BREAKFAST CIABATTA €10

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

Brunch Favourites

CAJUN CHICKEN QUESADILLAS €18

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

GFP CHICKEN WINGS €17.5

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 €18

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 €18.5

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

PASTA OF THE WEEK €MP

Ask your server for details of today's offering [1.1, 4, 12] Add garlic bread +€2.00

THAI RED SWEET POTATO & RED PEPPER CURRY €16.5

Steamed basmati rice [VE] [V] [GF] [8, 14, 15] Add Chicken +€3 / Add Prawns [7.2] +€4

BUTTERMILK PANCAKE STACK €14.5

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

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]

CAJUN CHICKEN WRAP €12.5

Cajun chicken, Monterey Jack cheese, red onion, rocket, tomato, toasted wrap [1.1, 4, 5, 8, 10]

SUPERFOOD WRAP €11.5

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

TOASTED GOATS CHEESE CIABATTA €12.5

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

SANDWICH ADD-ONS

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

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

Salads & Bowls

GRILLED SESAME HALLOUMI BOWL €16

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

CHICKEN & BACON CAESAR €16

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

SUPERFOOD SALAD €15.5

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

GOATS CHEESE SALAD €15.5

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

ADD-ONS

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

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 €9

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

Juices & Smoothies

KEELINGS FRESH JUICES €3.75

Fresh apple & orange juice

WILD ORCHARD SMOOTHIES €6

Strawberry / Mango & Passion Fruit

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

MOCHA [4] €4.3

AMERICANO €3.6

CHAI LATTE [4] €4.1

CAPPUCCINO [4] €4.1

HOT CHOCOLATE [4] €4.3

LATTE [4] €4.1

IRISH BREAKFAST TEA €3.5

FLAT WHITE [4] €4

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

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!)

ADD-ONS
Halloumi [4] €2.5 | Avocado €2.5 | Chicken €3 | Prawns [7.2] €4