

# BRUNCH FAVOURITES

## PROTEIN START €17.5

Creamy chives scrambled eggs, a slice of Irish baked ham, grilled halloumi, roasted tomato, smashed avocado, rocket. Bredzel granary toast [1.1,4,5,11]

## FARMHOUSE PLATE €18

Creamy free-range scrambled eggs, Irish bacon, Clonakilty black & white pudding, pork sausages, chive and onion potato cake, tomato relish, Bretzel granary toast [1.1, 1.3, 4, 5, 10, 11]

## KICKSTART BREAKFAST €16.5

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

## WOODLAND BREAKFAST €17

Scrambled eggs, onion & chive potato cake, grilled portobello mushrooms, overnight roasted tomatoes, avocado, Bretzel granary toast [1.1, 1.3, 4, 5, 10, 11]

## GOURMET VEGAN AVOCADO TOAST €17

Thick-sliced sourdough, smashed avocado, sautéed baby spinach, grilled portobello mushroom, overnight roasted tomato, roasted beetroot mousse [V] [VE] [1.1, 8, 10, 11]

Add poached eggs [5] +€2.5

Add streaky bacon +€3.5

## LOUISIANA CHICKEN BENEDICT €17.5

Buttermilk fried chicken in Louisiana sauce, free-range poached eggs, hollandaise sauce served on thick-cut brioche toast [1.1, 4, 5, 8, 10]

## GRILLED BACON EGGS BENEDICT €16

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

## BREAKFAST ADD ONS

Pork/Vegan Sausages €3.50 | Black/White Pudding [1.4] €3.50 | Bacon €3.50 | Baked Beans €3 | Chorizo €2

## CAJUN CHICKEN QUESADILLAS €19.5

Monterey Jack cheese, Tex-Mex salsa, guacamole & sour cream dips, rustic fries \* [1.1, 4, 5, 8, 12]

## GFP CHICKEN FILLET ROLL €19.5

Crispy chicken fillet coated in chilli hot honey, Monterey Jack cheese, streaky bacon, crispy lettuce, red cabbage slaw, smoked onion mayonnaise on Bretzel soft white roll served with rustic fries \* [1.1, 4, 5, 8, 10, 11]

## GFP SMASH BURGER €21

Two premium Irish beef patties, American cheese, caramelised onion, pickles, secret GFP sauce, brioche bun, rustic fries \* [1.1, 4, 5, 8, 10]

Add an extra patty with cheese +€3.5

## CHICKEN CHORIZO LINGUINE PASTA €22

Prosecco creamy sauce, sundried tomatoes, rocket, fresh parmesan [1.1, 4, 5, 8, 12, 14]

## THAI STYLE RED CURRY €19

Red curry, butterbean, red peppers, sweet potatoes, fragrant basmati rice.

[8, 14, 15] [VE] [V] [GF] | Add Chicken +€3.5 / Add Prawns [7.2] +€5

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

# SANDWICHES

## TRIPLE DECKER CLUB SANDWICH €15.5

Roast chicken, crispy bacon, tomato, Dubliner cheddar, free range egg, mixed leaves, pesto mayonnaise, toasted Bretzel White bread [1.1, 1.2, 4, 5]

## FAMOUS ROAST CHICKEN €14

Roast chicken, stuffing, garlic aioli, spring onion, Bretzel granary bread [1.1, 4, 5, 8, 11]

## LOUISIANA CHICKEN WRAP €14

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

## SUPERFOOD WRAP €13.5

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

## ROASTED TURKEY & CHORIZO MELT €13.5

Roasted turkey, fried spicy chorizo, Emmental cheese, chipotle aioli, on a toasted ciabatta bread [1.1, 4, 5, 8]

## OPEN SMOKED SALMON EVERYTHING BAGEL €14

Ballycotton Oak Smoked Salmon, chives cream cheese, pickled red onion, rocket in Bretzel everything bagel. [1.1, 4, 6, 8, 11]

## SANDWICH OF THE WEEK

Ask server for more information

## SANDWICH ADD-ONS

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

\*Gluten free bread available

# GOURMET FOOD PARLOUR

RESTAURANTS · CATERING

# SALAD

## HOT HONEY CHICKEN BOWL €19

Sweet & spicy crispy chicken, fragrant rice, pickled onion, shredded lettuce, fresh avocado, red slaw, drizzle jerk mayonnaise [1.1, 4, 5, 8, 10, 11]

Vegan option: Grilled tofu [8]

## SCHNITZEL CAESAR SALAD €18.5

Chicken schnitzel in panko breadcrumb, topped with cos lettuce, crispy bacon, fresh grated parmesan, homemade basil Caesar dressing [1.1, 4, 5, 6, 8, 14, 15]

## PROTEIN SALMON BOWL €19

Ballycotton Oak Smoked Salmon, fragrant rice, slow-roast peppers, fresh avocado, pickled red onion, edamame beans, black sesame seeds, spicy jerk mayo drizzle [1.1, 4, 5, 6, 8, 10, 11][GF]

## HALLOUMI & HUMMUS SALAD €17.5

Tomato & harissa hummus, grilled halloumi, baby leaves, pickled red onion, quinoa, roasted beetroot, cherry tomato, basil citrus dressing [4, 8, 11, 12]

Vegan option: Change for Grilled tofu +€2.5 [VE][8][GF]

## ADD-ONS

Halloumi [4] €2.6 | Avocado €2.6 | Chicken €3.5 | Prawns [7.2] +€5

# SOMETHING SWEET

## BUTTERMILK PANCAKES €16

### BACON MAPLE

Irish streaky bacon & vanilla-infused maple syrup [1.1, 4, 5]

### ETON MESS

Fresh berries, forest fruit compote, whipped cream, crushed meringue [1.1, 4, 5]

## FRENCH TOAST €16

### BACON MAPLE

Irish streaky bacon & vanilla-infused maple syrup [1.1, 4, 5]

### BERRY MEDELY

Fresh berries, whipped cream & fruit compote, icing sugar french toast [1.1, 4, 5]

# PIZZA

## CLASSIC MARGHERITA €15.5

San Marzano tomato sauce, buffalo mozzarella, fresh basil [1.1, 4][V]

## THE HILL OF TARA €17

San Marzano tomato sauce, buffalo mozzarella, The Wooded Pig garlic Salami [1.1, 4]

## THE ITALIANO €18

San Marzano tomato sauce, buffalo mozzarella, The Wooded Pig garlic salami, red onion, sun-dried tomatoes, basil pesto [1.1, 4, 10]

## BBQ FEAST €17

BBQ base, Cajun chicken, red onion, roasted red pepper, buffalo Mozzarella [1.1, 4]

## PEPERONI PICANTE €17

San Marzano tomato sauce, buffalo mozzarella, The Wooded Pig pepperoni, Nduja, drizzle with hot honey [1.1, 4]

## CAPRICIOSSA €16.5

San Marzano tomato sauce, buffalo mozzarella, honey-baked Irish ham, portobello mushroom, black kalamata olives, artichoke hearts [1.1, 4]

\*all pizzas are served with our famous garlic dip

# SIDES & LIGHT BITES

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

## SOUP OF THE DAY €9

Served with fresh bread [1.1, 4, 11, 15]

## BONELESS CHICKEN BITES €11

Plain, Louisiana, or BBQ bourbon sauce, garlic aioli or blue cheese dip [1.1, 4, 5, 8]

## RUSTIC FRIES €4.50 [1.1]

## SWEET POTATO FRIES €5.25 [1.1]

## WAFFLE FRIES €5.50 [1.1]

## PATATAS BRAVAS €7.50

Salsa, aioli [1.1, 5]

## BATTERED ONION RINGS €5 [1.1]

# GOURMET FOOD PARLOUR

RESTAURANTS • CATERING

## SWORDS BRUNCH MENU

*All of our breakfasts are freshly cooked using local Irish suppliers*

Proudly serving the community since 2008

### JUICES & SMOOTHIES

KEELINGS FRESH JUICES €4.75

Fresh apple or orange juice

HOMEMADE SMOOTHIES €6

FORREST FRUIT

Mixed berries, banana, milk [4]

TROPICAL

Papaya, pineapple, mango, kiwi, coconut milk

BANANA CHAI

Banana, chai spice, honey, milk [4]

### HOMEMADE LEMONADES

RED BERRY €7

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

PASSIONFRUIT €7

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

APPLE CINNAMON LEMONADE €7

Granny Smith, fresh lemon, cinnamon, soda

RHUBARB LEMONADE €7

Rhubarb, fresh lemon, soda

### TEA & COFFEE

*Featuring our full bodied Parlour House Blend*

#### COLD

ICED AMERICANO €4.75

ICED LATTE [4] €5

ICED MOCHA [4] €5.5

ICE MATCHA LATTE [4] €5.5

ICED TEA €7

Green Tea & Peach, Mango & Pineapple

ADD A SYRUP 50c

Vanilla / Hazelnut [2.2] / Caramel

#### HOT

ESPRESSO €3.3

AMERICANO €3.9

CAPPUCCINO [4] €4.5

LATTE [4] €4.5

MATCHA LATTE [4] €4.5

FLAT WHITE [4] €4.3

CHAI LATTE [4] €4.4

MOCHA [4] €4.6

HOT CHOCOLATE [4] €4.4

RED VELVET HOT CHOCOLATE [4] €4.75

IRISH BREAKFAST TEA €3.75

TEA SELECTION €3.8

Camomile / Peppermint / Earl Grey / Green Tea / Decaf

ADD ALTERNATIVE MILK 30c

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

### REFRESHMENTS

ALL ABOUT KOMBUCHA €4.75

Ginger & Lemon Organic / Raspberry

MINERALS €3.95

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

SAN PELLEGRINO €4.15

Lemon / Blood Orange

FIOR UISCE WATER €3/€6

Still or Sparkling Small/Large

### COCKTAILS

APEROL MIMOSA [12] €11

MIMOSA MARGARITA [12] €12

PORNSTAR MARTINI [12] €12

POM COLLINS [12] €11

HUGO [12] €11

### WINE

#### RED

CODICI MASSERIE PRIMITIVO, PUGLIA ITALY €8.5 | €35

MAISON DE LA VILLETTTE CABERNET SAUVIGNON, FRANCE €9.5 | €36

MARQUES DE CACERES EXCELLENS CUVEE ESPECIAL

TEMPRANILLO, RIOJA SPAIN €37

#### WHITE

CUATRO RAYAS LASECA VERDEJO, REUDA SPAIN €8.5 | €33

DE PAULO PINOT GRIGIOT, TRIESTE ITALY €9 | €34

OPAWA SAUVIGNON BLANC, MARLBOROUGH NEW ZEALAND €10 | €40

COSTEIRA MEU ALBARINO, RIBEIRO SPAIN €38

### FULL DRINKS MENU AVAILABLE

#### ALLERGEN KEY

THE ABOVE MENU CONTAINS ALLERGENS, AS INDICATED IN THE KEY BELOW.

1. CONTAINS GLUTEN (1.1 Wheat 1.2 Rye 1.3 Barley 1.4 Oats) | 2. CONTAINS 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. CONTAINS PEANUTS | 4. CONTAINS MILK | 5. CONTAINS EGGS | 6. CONTAINS FISH | 7. CONTAINS CRUSTACEANS (7.1 Crab 7.2 Prawns 7.3 Lobsters 7.4 Crayfish) | 8. CONTAINS SOYBEANS | 9. CONTAINS MOLLUSCS (9.1 Mussels 9.2 Oysters 9.3 Squid 9.4 Snails) | 10. CONTAINS MUSTARD | 11. CONTAINS SESAME SEEDS | 12. CONTAINS SULPHUR DIOXIDE & SULPHITES | 13. CONTAINS LUPIN | 14. CONTAINS CELERY  
[GF] GLUTEN FREE • [V] VEGETARIAN • [VE] VEGAN

Customers: All products & ingredients are stored, prepared, and handled in an environment where food allergens are used. We have implemented controls & procedures through our HACCP System to reduce the risk of cross-contamination, but we cannot guarantee the absence of allergen ingredient transfer. We have screened the ingredients in our dishes for the direct allergens the contain.

[www.gourmetfoodparlour.com](http://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!