

BRUNCH FAVOURITES

PROTEIN START €15

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

FARMHOUSE PLATE €16

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 €14

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 €14.5

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 €14.5

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] +€3
Add streaky bacon +€3.5

CHORIZO HASH €14

Free range poached eggs, chorizo, crispy patatas, caramelised onions, crumbled black pudding, hollandaise sauce [1.1, 1.4, 4, 5, 8] Add Halloumi +€3.5

LOUISIANA CHICKEN BENEDICT €15.5

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 €14

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 | Black/White Pudding [1.4] €3 | Bacon €3 | 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 €18.5

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 €19.95

Two premium Irish beef patties, American cheese, caramelised onion, pickles, secret GFP sauce, brioche bun, rustic fries * [1.1, 4, 5, 8, 10]
Add an extra patty with cheese +€3.5

CHICKEN CHORIZO LINGUINE PASTA €21

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 / Add Prawns [7.2] +€4

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

SOMETHING SWEET

BUTTERMILK PANCAKES €15

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 €15

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]

ACAI BOWL

with our Homemade Granola Base [1, 8]

BUILD YOUR OWN €9.5

FRUITS: CHOOSE 2

- Strawberry
- Banana
- Blueberry
- Kiwi

DRIZZLE: CHOOSE 1

- Peanut Butter [3]
- Honey
- Chocolate [2, 4, 8, 11]
- Hazelnut Sauce

TOPPINGS: CHOOSE 2

- Chia seeds
- Flax seeds
- Goji berries
- Coconut flakes
- Granola [1, 2, 12]

GOURMET FOOD PARLOUR

RESTAURANTS • CATERING

SANDWICHES

TRIPLE DECKER CLUB SANDWICH €14

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 €12.5

Roast chicken, stuffing, garlic aioli, spring onion, Bretzel granary 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 €12

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 €13

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 €3.5 | Cheddar Cheese [4] €2 | Irish Bacon €3 | Roast Chicken €3

**Gluten free bread available*

SALAD

HOT HONEY CHICKEN BOWL €16

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 €16

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 €16

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]

HALLOUMI & HUMMUS SALAD €15

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 +€3 [VE][8]

ADD-ONS

Halloumi [4] €3 | Avocado €3 | Chicken €4 | Prawns [7.2] +€5

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 €10

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]

BATTERED ONION RINGS €5 [1.1]

GFP CHICKEN WINGS €9

Louisiana sauce or BBQ bourbon sauce, garlic aioli or blue cheese dip [1.1, 4, 5, 8, 10, 11, 12, 14]

GOURMET FOOD PARLOUR

RESTAURANTS · CATERING

SALTHILL BRUNCH MENU

All of our breakfasts are freshly cooked using local Irish suppliers

Proudly serving the community since 2018

JUICES & SMOOTHIES

KEELINGS FRESH JUICES €3.5

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 €6.5

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

PASSIONFRUIT €6.5

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

APPLE CINNAMON LEMONADE €6.5

Granny Smith, fresh lemon, cinnamon, soda

RHUBARB LEMONADE €6.5

Rhubarb, fresh lemon, soda

TEA & COFFEE

Featuring our full bodied Parlour House Blend

COLD

ICED AMERICANO €4.5

ICED LATTE [4] €4.5

ICED MOCHA [4] €4.5

ICE MATCHA LATTE [4] €4.5

ICED TEA €6.5
Green Tea & Peach, Mango & Pineapple

HOT

ESPRESSO €2.6

AMERICANO €3.4

CAPPUCCINO [4] €3.8

LATTE [4] €3.8

MATCHA LATTE [4] €4.2

FLAT WHITE [4] €3.7

CHAI LATTE [4] €3.7

MOCHA [4] €4.1

HOT CHOCOLATE [4] €4.1

RED VELVET HOT CHOCOLATE [4] €4.5

IRISH BREAKFAST TEA €3

TEA SELECTION €3.5
Camomile / Peppermint / Earl Grey / Green Tea / Decaf

ADD A SYRUP 50c

Vanilla / Hazelnut [2.2] / Caramel

ADD ALTERNATIVE MILK 30c

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

REFRESHMENTS

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

FIOR UISCE WATER €2.5/€5

Still or Sparkling Small/Large

APERITIFS

APEROL MIMOSA €11

MIMOSA MARGARITA €12

POM COLLINS €11

PORNSTAR MARTINI €12

HUGO €11

WINE

RED

DOPPIO PASSO PRIMITIVO, SALENTO PUGLIA

ITALY €8 | €34

MAISON DE LA VILLETTE CABERNET SAUVIGNON

FRANCE €8.5 | €35

WHITE

DE PAULO PINOT GRIGIOT, TRIESTE

ITALY €8.5 | €33

OPAWA SAUVIGNON BLANC, MARLBOROUGH

NEW ZEALAND €9.5 | €38.5

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 they contain.

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!