

Breakfast Favourites

FARMHOUSE PLATE €15.5

Creamy free range scrambled eggs, Irish bacon, Clonakilty black & white pudding, pork sausages, onion & chive potato cake, relish, Bretzel granary toast [1.1, 1.4, 4, 5, 11, 12]

WOODLAND BREAKFAST €14.5

Free range scrambled eggs, onion & chive potato cake, herby fried mushrooms, cherry tomatoes, smashed avocado, granary toast [V] [1.1, 4, 5, 11]

PULLED HAM EGGS BENEDICT €14.5 / EGGS ROYALE €15.5

Pulled ham or smoked salmon, free range poached eggs, creamy hollandaise sauce, toasted English muffin [1.1, 4, 5, 6, 8, 12]

BREAKFAST CIABATTA €10

Irish bacon, pork sausage, tomato relish, toasted ciabatta [1.1, 10, 12]

BUTTERMILK PANCAKE STACK €14.5

(choose your toppings)

- 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]

Salads & Sandwiches

CHICKEN & BACON CAESAR €16

Roast chicken, Irish bacon, cos lettuce, parmesan shaving, croutons, Caesar dressing [1.1, 4, 5, 10]

SUPERFOOD SALAD €15.5

Quinoa, beetroot, butternut squash, pomegranate, toasted seeds, mixed leaves, citrus dressing [VE] [2, 11] add chicken +€3 / goats cheese +€3

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]

DUBLINER TOASTIE €12.5

DUBLINER cheddar, hand-pulled ham, tomato chutney, toasted sourdough [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]

Add a cup of soup for €3

GFP Favourites

SOUP OF THE DAY €8

Ask server for information on today's option, served with Homemade brown bread

CAJUN CHICKEN QUESADILLAS €18

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

HEREFORD IRISH BEEF BURGER €18.5

Smoked applewood cheese, red onion, lettuce, tomato, relish, aioli, brioche bun, rustic fries [1.1, 4, 5, 10]

GFP FISH & CHIPS €19.5

Battered Atlantic haddock, rustic fries, pea purée, tartare sauce [1.1, 4, 5, 6]

THAI RED SWEET POTATO & RED PEPPER CURRY €16.6

Steamed Basmati rice [GF] [VE] [8, 11]
Add chicken +€3 / prawns +€4 [7.2]

Sides

Rustic Fries €4.5

Garlic aioli [1.1, 5]

Sweet Potato Fries €5.5

Garlic aioli [1.1, 5]

Waffle Fries €5.5

Chipotle aioli [1.1, 5]

Cold Drinks

HOMEMADE SMOOTHIES €6

Detox

Spinach, apple, lemon, coconut milk, fresh mint

Berry Nice

Mixed berries, banana, milk, honey [4]

Tropical

Papaya, pineapple, mango, kiwi, coconut

KEELINGS FRESH JUICES €4.5

Apple/Orange

ALL ABOUT KOMBUCHA €4.5

Ginger & Lemon Organic / Raspberry

WILD ORCHARD LEMONADES €4.5

Cloudy / Pink Lemonade

MINERALS €3.75

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

FIOR UISCE WATER Regular €2.75/ Large €5.5

Still or Sparkling

Peroni €7.5

330ml bottle

Hot Drinks

Featuring our very own, full bodied Parlour House Blend.

Roasted & blended in Ireland, this premium coffee carries notes of caramel and cocoa.

ESPRESSO €3.2

AMERICANO €3.7

CAPPUCCINO [4] €4.1

LATTE [4] €4.1

FLAT WHITE [4] €4

MOCHA [4] €4.3

CHAI LATTE [4] €4.1

HOT CHOCOLATE [4] €4.3

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

ALTERNATE MILKS 30c

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

Decaf available on request

Red Wines

Doppio Passo Primitivo, Salento Puglia, Italy €7.5 / €32

A dense bouquet of black fruits such as cherries, blackberries and plums, complemented by inviting cocoa notes. Despite the gentle tannins, the palate has a clear structure and considerable depth. [12]

Maison de La Villette Cabernet Sauvignon, France €8.5 / €33

Elegant notes of liquorice, roasted coffee beans and dark chocolate melted with fruity aromas of black cherries and a spicy touch of cinnamon. Velvety tannins on the palate. [12]

Marques de Caceres Excellens Cuvée Especial Tempranillo, Rioja Spain €9 / €34

Bouquet of ripe fruit and refined oak confirming its meticulous ageing in barrel. Excellens Crianza has an array of delicious flavours and tannins mingle together in perfect harmony resulting in a smooth and elegant Rioja. [12]

White Wines

Cuatro Rayas Laseca Verdejo, Rueda, Spain €7.5 / €32

Straw yellow with green hues, bright, fresh and balanced aromas, typical of the variety. Flavourful on the palate and very long. [12]

Opawa Sauvignon Blanc, Marlborough, New Zealand €9 / €37

The palate is refreshing and intense, displaying crisp citrus notes and passionfruit flavours. This wine is well balanced and focused with crisp acidity and a long, juicy, mouth-watering finish. [12]

De Paulo Pinot Grigio, Trieste, Italy €8.5 / €33

Straw colour, this pinot grigio displays a long lasting fruity bouquet of green apples and pears with an underlying minerality. [12]

Bubbles & Rosé

Santa Margherita Prosecco Frizzante, Veneta, Italy €9 / €35

Its brilliant hue and inviting, faintly citrus-like aromas lead into a palate that is agreeably fresh and fruity. The light, elegant perlage freshens the palate and makes this wine excellent for pairing even with quite complex dishes. [12]

Marqués de Cáceres Excellens Rosé €8.5 / €35

The Marqués de Cáceres Excellens rose is an attractive, pale rosé colour with rose petals and refined notes of peaches on the nose. Silky-smooth and balanced in the mouth with delicate flavours of mature white peaches and pears. Its character comes through delicately on tasting with a touch of vivacity highlighting its freshness. Succulent with a nice finish. [12]

Apéritifs & Spritzers



Garibaldi €11

Fluffy Orange Juice, Aperol (NA alternative available)



Sparkling Solero €11

Passionfruit, Giffard White Chocolate, Prosecco (NA alternative available)



GFP Spritz €11

Giffard Grapefruit, Red Ruby Grapefruit juice, Prosecco

GOURMET FOOD PARLOUR

RESTAURANTS • CATERING

FLAVOUR IS (ALMOST) EVERYTHING

We believe in flavour. But we also believe in brilliant service and incredible atmosphere. Bring all three together and you transform fantastic food into a fantastic experience, which is what we've been doing for the last 17 years.

Gourmet Food Parlour's ethos is to produce healthy, nutritious, affordable food sourcing local ingredients and using local suppliers where possible. Established in 2006 with a restaurant in Dun

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

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!