

HENRY'S X GOURMET FOOD PARLOUR

HOT DRINKS

Espresso	€3.20
Americano	€3.70
Cappuccino [4]	€4.10
Latte [4]	€4.10
Flat White [4]	€4.00
Mocha [4]	€4.30
Chai Latte [4]	€4.10
Matcha Latte	€4.50
Irish Breakfast Tea	€3.50
Organic Tea Selection	€3.75
Chamomile / Peppermint / Earl Grey / Green Tea / Decaf	

HOT CHOCOLATE MENU

CLASSIC FRENCH	€4.50
Thick & rich hot chocolate served with fresh cream soft top [4]	
SMORES HOT CHOCOLATE	€5.00
Our signature hot chocolate blend, marshmallow fluff, chocolate drizzle [4]	
Add a Syrup 50c	
Vanilla / Hazelnut [2.2] / Caramel	
Alternative Milks 30c	
Soy [8] / Almond [2.1] / Oat Milk [1.4] / Coconut Milk [8]	

ICED DRINKS

Latte [4]	€4.20
Americano	€3.70
Matcha [4]	€4.85
Vanilla Frappuccino [4]	€4.95
Kinder Bueno Frappuccino [2.2,4]	€5.25
Iced Teas (ask your server about flavours)	€6.00
Green Tea & Peach (green tea, peach puree, apple juice)	
Apple Berry (apple berry tea, raspberry syrup, berries)	

HOUSE SMOOTHIES

BEET IT	€6.00
Blueberry, banana, beetroot, milk, honey, cinnamon [4]	
TROPICAL DETOX	€6.00
Spinach, banana, pineapple, mango, kiwi, coconut, chia seeds	
STRAWBERRY OATMEAL	€6.00
Strawberry, rolled oats, banana, almond milk, peanut butter, vanilla [1.4, 2.1, 3]	

HENRY'S
X
GOURMET
FOOD PARLOUR

GRAB & GO

MINERALS €3.75

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

W.B. YEATS IRISH STILL WATER CARTON 500ML €2.75

VIT HIT €3.00

Immunita Dragonfruit

Perform Mango & Passionfruit

Berry Boost

Lean & Green

Hydrate Lime & Guava

Detox Mandarin & Green Tea

Sparkling Mango & Pineapple

Sparkling Raspberry & Watermelon

Sparkling Pink Grapefruit & Lime

Apple Juice €4.00

Orange Juice €4.00

SISU €3.25/ 2 for €6.00

Vitamin C shot

Vitamin D shot

ICED TEAS €6.00

Ask your server about flavours

ALL ABOUT KOMBUCHA €4.50

Ginger & Lemon/ Raspberry

KIDS

Fruit Shoot €2.50

Innocent Apple Juice €2.50

HENRY'S X GOURMET FOOD PARLOUR

SANDWICHES | WRAPS | SOUP

BREAKFAST BUTTY €7.00

Brioche bun, sausage, crispy streaky bacon, Swiss cheese tomato relish [1.1, 4, 5, 8, 10, 11, 12]

BRUSCHETTA €7.50

No description provided yet

LITTLE ITALY €9.00

Salami, green pesto aioli, rocket, confit tomatoes, melting mozzarella on Italian sourdough bread [1.1, 4, 5, 8, 10, 11, 12]

GFP HAM AND CHEESE €8.00

Ham, honey mustard aioli, sliced cheddar, red onion, tomato relish on white bloom bread [1.1, 4, 5, 8, 10, 11, 12]

CHICKEN CAESAR WRAP €9.00

Roast chicken, crispy cos lettuce, bacon bites, parmesan shaving, Caesar aioli [1.1, 4, 5, 6, 8, 10, 11, 12]

SOUP OF THE DAY €8.00

Soup of the day served with homemade Guinness bread

POTS

GRANOLA

Greek style yoghurt, summer berries compote, Nut granola

FRESH FRUIT SALADS

OVERNIGHT OAT

oat milk, peanut butter, dark chocolate shaving

OVERNIGHT CHIA SEEDS

coconut milk, coconut shaving, caramelized mango, passion fruit coulis,

PROTEIN POT:

soft boiled egg, baby spinach, toasted sesame

soft boiled egg, baby spinach, smoked salmon, toasted sesame

SALADS VEGGIES

PER PORTION €2.60 (APPROXIMATELY 130G)

ASIAN STYLE SESAME SLAW

Toasted sesame and honey dressing, spring onion, crunchy slaw

GRILLED SUMMER VEGETABLES

courgettes, red peppers, red onion, baby spinach with a light olive oil dressing

GREEK STYLE CHICKPEAS

olives, cucumber, red onion, crumbled feta, lemon and mint dressing

ITALIAN PESTO PASTA

Fresh pasta, homemade pesto, heirloom cherry tomatoes, sundried tomato, mozzarella pearl

SPICED CURRY POTATO

Roast baby potato, creamy cumin aioli, baby spinach, spring onion

SALAD WITH PROTEIN:

Prices to be confirmed after tests

SMOKED CHICKEN [GF]

Celery, green apples, grapes, walnut

COUSCOUS FALAFEL

Flavoured couscous pearls, fresh herbs, roasted red peppers, crumbled feta, sweet potato falafel

NICOISE SALAD [GF]

Chunky tuna, green, beans, cherry tomatoes, soft boiled egg, olives, french dressing

SMOKED SALMON [GF]

Edamame, cucumber, baby spinach, citrus dressing, sesame seeds

SWEET POTATO AND CHORIZO

Roast sweet potato, crispy chorizo, crunchy peppers, spring onion, paprika dressing

JARS

Harissa hummus, garlic naan bread

Olive tapenade, toasted ciabatta

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

HENRY'S



GOURMET FOOD PARLOUR

PASTRIES

- Croissant [1.1, 4, 5] €3.75
- Almond croissant [1.1, 2.2, 4, 5] €4.00
- Pain au raisin [1.1, 4, 5] €4.00
- Cinnamon roll [1.1, 1.4, 4, 5, 8] €4.00
- Scones selection: Strawberry and white chocolate, fruit or plain [1.1, 2, 4, 5] €4.00
- Dressed cookies [1.1, 4, 5, 8] €3.75
- Berry apple crumble [1.1, 1.2, 1.3, 1.4, 4, 5, 12] €5.00
- Lemon loaf [1.1, 4, 5, 8] €4.00
- Carrot Cake [GF 2.3, 4, 5] €6.00
- Selection of muffin (lemon chia seed, blueberry) [1.1, 2, 4, 5, 8] €4.25

**May contain nuts*

SWEET TREATS

- **POP DOTS** €2.00
 - Strawberry [1.1, 1.4, 4, 5, 8]
 - Hazelnut [1.1, 1.4, 2.2, 4, 5, 8]
- **CHOUXNUT** €3.75
 - White chocolate mousse, caramelised biscuit and caramel fondant [1.1, 1.4, 4, 5, 8]
- **BOUNTIFUL BROWNIE** €3.50
 - [1.1, 1.4, 4, 5, 8]
- **ROCKY ROAD** €3.50
 - [1.1, 4]
- **ENERGY BALL**

**May contain nuts*

SAVOURY TREATS

- **LEEK AND MUSTARD** €6.50
- **BACON AND EGG** €6.50
- **FETA AND SESAME SWIRL** €4.50

Baby spinach, honey drizzle, crispy onion

- **SAUSAGE ROLL** €9.00

Homemade sausage rolls served with tomato chutney and dressed leaves [1.1, 8]
[may contain nuts, peanuts, sesame, sulphites, mustard]

- **QUICHE OF THE WEEK** €10.00

Homemade quiche served with tomato chutney and dressed leaves [1, 4, 5, 14]

- Caramelised onion, mature aged cheddar, ham hock
- Roasted butternut squash, feta, baby spinach

KIDS MENU

- Ham and cheese toastie [1.1, 4, 10] €5.00
- Pizza bagel (plain bagel, cheese, tomato) €5.00
- Sausage Sandwich (sausages on toasted bread with ketchup) €5.00