

GOURMET FOOD PARLOUR

RESTAURANTS • CATERING

SWORDS MENU

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!

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SIGNATURE DISHES

SWEET POTATO BENEDICT €17

Crispy sweet potato, wilted spinach, smashed avocado, chilli-lime drizzle, hollandaise, poached eggs
[1.1, 4, 5, 8, 12, 14]

FARMHOUSE PLATE €18

Creamy free-range scrambled eggs, Irish bacon, Clonakilty black & white pudding, pork sausages, chive and onion potato cake, tomato relish, granary toast
[1.1, 1.3, 1.4, 4, 5, 10, 11]

KICKSTART BREAKFAST €16.5

Free range poached eggs, Irish bacon, overnight roasted tomato, chive and onion potato cake, smashed avocado, 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, 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

GFP BREAKFAST ROLL €13

Soft Roll, grilled bacon, pork sausages, fried eggs with Guinness Smoked Tomato Ketchup
Add Black or White Pudding €3.50
[1.1, 1.4, 5, 10, 12, 14]

BREAKFAST BURRITO €14.5

Scrambled eggs, slow-cooked spiced beef, crispy tater tots, cheddar, pico de gallo, chipotle mayo in a toasted wrap
[1.1,4,5,10]

SWORDS BREAKFAST MENU

All of our breakfasts are freshly cooked using local Irish suppliers

Served until 12pm

BRIOCHE BENE

LOUISIANA CHICKEN BENEDICT €17.5

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

GRILLED BACON EGGS BENEDICT €16

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

SOMETHING SWEET

BUTTERMILK PANCAKES €16

BACON MAPLE

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

PROTEIN PANCAKES

Oat pancakes with Kinetica protein, Greek yoghurt, berry compote, honey [1.1, 1.4, 4, 5, 8, 12]

KINDER BUENO & STRAWBERRY

with hazelnut sauce and crushed Kinder Bueno bar
[1.1, 2.2, 4, 5, 8, 12]

ADD-ONS

PORK SAUSAGES [1.1] €3.5

BACON €3.5

BLACK / WHITE PUDDING
[1.4] €3.5

CHORIZO €2

BAKED MIXED BEANS €3

SIDES

CONNOISSEUR RUSTIC FRIES [1.1] €4.5

SWEET POTATO FRIES [1.1] €5.25

WAFFLE FRIES [1.1] €5.5

CRISPY TATER TOT POTATOES
[1.1] €5.5

LUNCH MENU

LIGHT BITES

SOUP OF THE DAY €9

Served with fresh bread [1.1, 4, 11]

BONELESS CHICKEN BITES €11

Plain, Louisiana, or BBQ bourbon sauce, garlic aioli or blue cheese dip

[1.1, 4, 5, 8, 11, 14]

GFP CHICKEN WINGS €11

Louisiana sauce or BBQ bourbon sauce, garlic aioli or blue cheese dip

[1.1, 4, 5, 8, 10, 11, 12, 14]

LOADED CRISPY POTATOES €8.5

Crispy tater tots, topped with tomato salsa and melted mozzarella cheese [V] [1.1, 4, 12, 14]

Add braised beef €3

SANDWICHES

TRIPLE DECKER CLUB SANDWICH €15.5

Roast chicken, crispy bacon, tomato, Dubliner cheddar, free range egg, mixed leaves, pesto mayonnaise, toasted white bread

[1.1, 1.2, 4, 5]

FAMOUS ROAST CHICKEN €14

Roast chicken, stuffing, garlic aioli, spring onion, 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]

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*

SIDES

Dips : BBQ, garlic aioli, blue cheese, chipotle aioli [1.1, 5] €1.5

CONNOISSEUR RUSTIC FRIES €4.5 [1.1]

SWEET POTATO FRIES €5.25 [1.1]

WAFFLE FRIES €5.5 [1.1]

CRISPY TATER TOTS €5.5 [1.1]

MAINS

CAJUN CHICKEN QUESADILLAS €19.5

Monterey Jack cheese, Tex-Mex salsa, guacamole & sour cream dips, connoisseur rustic fries*

[1.1, 4, 5, 8, 12]

GFP SMASH BURGER €21

Two premium Irish beef patties, American cheese, caramelised onion, pickles, crispy lettuce, secret GFP sauce, brioche bun, connoisseur rustic fries * [1.1, 4, 5, 8, 10, 12]

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]

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 a soft white roll, served with crispy tater tots* [1.1, 4, 5, 8, 10, 11]

BIRRIA BEEF TOASTIE €18

Slow-braised beef, melted American cheese, pickled onion, rustic baguette, beef dipping jus served with connoisseur rustic fries*

[1.1, 4, 12]

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

TODAY'S GOURMET CHEF SPECIAL

Please ask your server for more information.

BOWLS & SALADS

KOREAN CHICKEN RICE BOWL €20

Panko crispy chicken, Korean BBQ glaze, basmati rice, avocado, crispy kale, pickled cucumber, ruby slaw, sesame seeds, sriracha mayo drizzle

[1.1, 4, 5, 8, 11, 12]

SIGNATURE CAESAR SALAD €17.5

Grilled chicken breast, crispy bacon, cos lettuce, crunchy garlic & herb croutons and fresh grated Parmesan tossed through in a rich Caesar dressing [1.1, 4, 5, 6, 8, 14, 15]

GFP BEEF PROTEIN BOWL €22

Pulled Irish beef on beef jus, crispy tater tots, avocado, chipotle slaw, crispy lettuce, roast red peppers, [1.1, 8, 11, 12, 14]

[GF] option, with basmati rice

HOT HONEY CHICKEN BOWL €19

Sweet & spicy crispy chicken, fragrant rice, pickled onion, shredded lettuce, fresh avocado, ruby slaw, drizzle jerk mayonnaise [1.1, 4, 5, 8, 10, 11] Vegan option: Grilled tofu [8]

HALLOUMI & HUMMUS SALAD €17.5

Roasted beetroot hummus, grilled halloumi, baby leaves, pickled red onion, quinoa, roasted beetroot, cherry tomato, basil citrus dressing. [4, 8, 11, 12] [GF]

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

ADD-ONS

Halloumi [4] €2.6 | Avocado €2.6 | Chicken €3.5 | Prawns [7.2] +€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, Fior di Latte mozzarella, buffalo mozzarella, garlic & fennel salami [1.1, 4]

BBQ FEAST €17

San Marzano, BBQ braised beef, Fior di Latte mozzarella, buffalo mozzarella, red onion, roasted red pepper [1.1, 4]

ROMA CRISPY CAESAR €16

White sauce, Fior di Latte mozzarella, roasted chicken, smoked crispy streaky bacon, fresh grated parmesan, crispy lettuce drizzled with Caesar dressing [1.1,4]

PISTACHIO E STRACIATELLA €17

San Marzano tomato sauce, Fior di Latte mozzarella, pistachio mortadella, crushed pistachios, rocket, stracciatella [1.1, 2.7, 4]

PEPPERONI PICANTE €17

San Marzano tomato sauce, Fior di Latte mozzarella, spicy pepperoni, drizzle with hot honey [1.1, 4]

*all pizzas are served with our famous buttermilk garlic dip

JUICES & SMOOTHIES

KEELINGS FRESH JUICES €4.75
Fresh apple or orange juice

HOMEMADE SMOOTHIES €6

FOREST FRUIT
Mixed berries, banana, milk [4]

TROPICAL
Papaya, pineapple, mango, kiwi, coconut milk [8,12]

ALMOND CHERRY
Cherries, banana, almond milk [2.1]

HOMEMADE LEMONADES

RED BERRY €7

Raspberry, strawberry, lemon, soda water

PASSIONFRUIT €7

Passionfruit, lemon, soda water

WATERMELON €7

Watermelon, lemon juice, soda water

RHUBARB €7

Rhubarb, lemon juice, soda water

REFRESHMENTS

MINERALS €3.95

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

KOMBUCHA €4.75

SAN PELLEGRINO €4.15

Lemon / Blood Orange

FIOR UISCE WATER €3/€6

Still or Sparkling Small/Large

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
add strawberry syrup 50c

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

ADD ALTERNATIVE MILK 30c
Almond [2.1] / Oat [1.4] / Coconut [8]

CHAI LATTE [4] €4.4

MOCHA [4] €4.6

HOT CHOCOLATE [4] €4.4

HONEYCOMB HOT CHOCOLATE [4] €4.75

IRISH BREAKFAST TEA €3.75

TEA SELECTION €3.8
Camomile / Peppermint / Earl Grey / Green Tea / Decaf

COCKTAILS

APEROL MIMOSA [12] €11

MIMOSA MARGARITA [12] €12

PORNSTAR MARTINI [12] €12

HUGO [12] €11

WINE

WHITE

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

DE PAULO PINOT GRIGIOT, TRIESTE, ITALY [12] €9 | €34

OPAWA SAUVIGNON BLANC, MARLBOROUGH NEW ZEALAND [12] €10 | €40

COSTEIRA MEU ALBARINO, RIBEIRO SPAIN [12] €38

ROSE

CMARQUES DE CACERES EXCELLENS ROSÉ [12] €9 | €35

RED

CODICI MASSERIE PRIMITIVO, PUGLIA ITALY [12] €8.5 | €35

MAISON DE LA VILLETTE CABERNET SAUVIGNON, FRANCE [12] €9.5 | €36

MARQUES DE CACERES EXCELLENS CUVÉE ESPECIAL TEMPRANILLO, RIOJA SPAIN [12] €37

BUBBLES

SANTA MARGHERITA FRIZZANTE ONDA DOC [12] €9 | €35

FULL DRINKS MENU AVAILABLE