

KITCHEN ITALIAN

BREAKFAST

SIGNATURE BREAKFAST

EGGS & TOAST €10.5

Creamy scrambled or poached free-ranged eggs served with toasted crusty sourdough and a side of basil pesto [1.1, 1.2, 1.3, 1.4, 4, 5, 11, 12]

MIXED BERRY & NUT GRANOLA €10

Greek-style yoghurt, homemade forest fruit compote, seed & nuts granola, honey drizzle, fresh berries [1.4, 2.1, 2.2, 2.3, 2.4, 2.5, 3, 4, 8, 12]

KITCHEN ITALIAN BREAKFAST €16.5

Poached free-ranged egg, prosciutto crudo, rocket, tomato & basil, thick cut sourdough toast, basil-infused olive oil [1.1, 1.4, 5, 10, 12]

ROMANA OMELETTE €16

Buffalo mozzarella, sun-blushed tomatoes, fresh basil, sauté potatoes [1.1, 4, 5, 12]

Add crispy streaky bacon €3.5 [12]

Add prosciutto crudo €4 [12]

EVERYTHING SMOKED SALMON FLATBREAD €17

Freshly baked sourdough flatbread, smoked salmon, dill & lime cream cheese, red onion, rocket and basil-infused olive oil

[1.1, 4, 6, 8, 10, 12]

CRÊPES €14

Sicilian Lemon curd, crumbled meringue, fresh berries [1.1, 4, 5, 8, 12]

PASTRIES

CLASSIC CROISSANT €3.75

[1.1, 4, 5]

ALMOND CROISSANT €4.5

[1.1, 2.2, 4, 5]

SCONE SELECTION €4.5

Served with fresh cream and raspberry jam [1.1, 2, 4, 5]



KIDS BREAKFAST

SCRAMBLED EGG AND TOAST €9

Creamy scrambled free-ranged egg, fresh rocket served with toast [1.1, 4, 5]

CRÊPE WITH NUTELLA AND STRAWBERRIES OR LEMON & SUGAR €8

[1.1, 2.2, 4, 5, 8] *may contain sesame

Available to order for children 12 and under

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HOT DRINKS

ESPRESSO	€3.25
AMERICANO	€3.80
CAPPUCCINO [4]	€4.40
LATTE [4]	€4.40
FLAT WHITE [4]	€4.20
MOCHA [4]	€4.50
CHAI LATTE [4]	€4.40
HOT CHOCOLATE [4]	€4.40
IRISH BREAKFAST TEA	€3.75
ORGANIC TEA SELECTION	€3.75
Camomile / Peppermint /Earl Grey	
Green Tea / Decaf	

Parlour House Blend coffee used, supplied and blended in Ireland by Findlaters

COLD DRINKS

HOMEMADE SMOOTHIES

BERRY NICE €7
Mixed berries, banana, milk, honey [4]

TROPICAL €7
Papaya, pineapple, mango, kiwi, coconut

KEELINGS FRESH JUICES €5
Apple/Orange

ALL ABOUT KOMBUCHA €4.50
Ginger & Lemon Organic / Raspberry

MINERALS €3.75
Coke / Coke Zero / 7up /7up Free / Club Orange

WATER €2.75 /€5.50
Still or Sparkling

SICILIAN LEMONADE €7
Freshly squeezed lemon juice, basil, soda

PEACH & MINT LEMONADE €7
Freshly squeezed lemon juice, peach, mint, soda

At Gourmet Food Parlour, we prioritise high-quality ingredients by sourcing locally for 19 years. Our fare is shaped by long-standing relationships with Irish producers, where local ingredients are sourced via sustainable practices. From the farm to your table, we serve only the freshest seasonal produce, along with premium Irish beef and chicken. Healthy, nutritious, and always full of flavour.

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

