BRUNCH FAVOURITES

BREAKFAST BURRITO €15.00
Scrambled eggs, slow-cooked spiced beef, crispy tater tots, cheddar, pico de gallo, chipotle mayo in a toasted wrap
[1.1, 4, 5, 10, 14]

HALLOUMI & AVOCADO BURRITO €15.00
Scrambled eggs, grilled halloumi, avocado, pico de gallo, crispy tater tots, chipotle mayo
[1.1, 4, 5, 8, 10]

GRILLED BACON EGGS BENEDICT €16.50
Grilled Irish bacon, free-range poached eggs, hollandaise sauce, on brioche toast
[1.1, 4, 5, 8]

KICKSTART BREAKFAST €17.00
Free-range poached eggs, Irish bacon, overnight roasted tomato, onion & chive potato cake, smashed avocado, granary toast
[1.1, 1.3, 4, 5, 10, 11]

WOODLAND BREAKFAST €17.50
Scrambled eggs, onion & chive potato cake, grilled portobello mushrooms, overnight roasted tomatoes, avocado, granary toast
[1.1, 1.3, 4, 5, 10, 11] [V]

GOURMET VEGAN AVOCADO TOAST €17.50
Thick-sliced sourdough, smashed avocado, sautéed baby spinach, grilled portobello mushroom, overnight roasted tomato, roasted beetroot mousse
[VE] [1.1, 8, 10, 11]
Add poached eggs [5] +€2.50
Add streaky bacon +€3.75

LOUISIANA CHICKEN BENEDICT €18.50
Buttermilk fried chicken in Louisiana sauce, free-range poached eggs, hollandaise sauce served on brioche toast
[1.1, 4, 5, 8, 10]

FARMHOUSE PLATE €18.50
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]

ADD-ONS
CHORIZO €2.50 | BAKED MIXED BEANS €3.20 | PORK SAUSAGES [1.1] €3.75 | BLACK / WHITE PUDDING [1.4] €3.75 | BACON €3.75

BEEF & CHEESE MELT €19.50
Slow-braised Irish beef in gravy, melted American and Monterey Jack cheese, caramelised onions on toasted sourdough, and brandy peppercorn sauce, served with rustic fries. * [1.1, 1.3, 4, 5, 8, 10, 12, 14]

CAJUN CHICKEN QUESADILLAS €20.00
Monterey Jack cheese, pico de gallo, guacamole, sour cream, buttermilk garlic sauce, rustic fries*
[1.1, 4, 5, 8, 12]

GFP SMASH BURGER €22.00
Two premium Irish beef patties, American cheese, caramelised onion, pickles, crispy lettuce, secret GFP sauce, brioche bun, rustic fries *
[1.1, 4, 5, 8, 10, 12] Add an extra patty with cheese +€3.50

*Dishes marked: Upgrade to Sweet Potato Fries or Waffle Fries +€1.00

BOWLS & SALADS

SIGNATURE CAESAR SALAD €18.50
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]

HALLOUMI & HUMMUS SALAD €18.50
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 [VE] [8]

HOT HONEY CHICKEN BOWL €20.00
Sweet & spicy crispy chicken, fragrant rice, pickled onion, shredded lettuce, fresh avocado, ruby slaw, jerk mayo [1.1, 4, 5, 8, 10, 11]
Vegetarian option: Grilled tofu [8]

KOREAN CHICKEN RICE BOWL €20.00
Crispy chicken, Korean BBQ glaze, basmati rice, avocado, crispy kale, pickled cucumber, ruby slaw, sesame seeds, sriracha mayo [1.1, 4, 5, 8, 11, 12]

ADD-ONS
HALLOUMI [4] €3.00 | AVOCADO €3.00
CHICKEN €3.50 | PRAWNS [7.2] +€5.00

TODAY'S GOURMET CHEF SPECIAL

Please ask your server for more information.

GOURMET FOOD PARLOUR

RESTAURANTS · CATERING

SANDWICHES

FAMOUS ROAST CHICKEN €14.50
Roast chicken, stuffing, garlic aioli, spring onion, Bretzel granary bread [1.1, 4, 5, 8, 11]

CHICKEN CAESAR WRAP €14.50
Cajun grilled chicken, lettuce, crispy bacon, Parmesan, Caesar dressing & garlic croutons, wrapped in a toasted tortilla
[1.1, 4, 5, 6, 8, 10, 15]

SUPERFOOD WRAP €14.00
Halloumi, avocado, roast beets, spinach, grated carrot, pumpkin seeds, honey mustard dressing, toasted beetroot wrap [V] [1.1, 4, 10]

LOUISIANA CHICKEN WRAP €14.50
Louisiana chicken goujons, cos lettuce, red onion, blue cheese aioli, toasted wrap [1.1, 4, 5, 8, 10]

SANDWICH ADD-ONS
CHEDDAR CHEESE [4] €2.00 | ROAST CHICKEN €3.50
BACON €3.75 | CUP OF SOUP OF THE DAY €4.00

SIDES & LIGHT BITES

RUSTIC FRIES €5.00 [1.1]
SWEET POTATO FRIES €5.50 [1.1]
WAFFLE FRIES €5.75 [1.1]
CRISPY TATER TOTS €5.75 [1.1]
GARLIC BUTTER PARMESAN FRIES €6.50 [1.1, 4]

LOADED CRISPY POTATOES €8.50
Tater tots, topped with tomato salsa and melted mozzarella cheese [V]
Add braised beef **€3.00** [1.1, 4, 12, 14]

SOUP OF THE DAY €9.00
Served with fresh bread [1.1, 4, 11, 15]

BONELESS CHICKEN BITES €12.90
Plain, Louisiana, or BBQ bourbon sauce, garlic aioli or blue cheese dip [1.1, 4, 5, 8]

GFP CHICKEN WINGS €12.90
Louisiana sauce or BBQ bourbon sauce, garlic aioli or blue cheese dip [1.1, 4, 5, 8, 10, 11, 12, 14]

DIPS €2.00
BBQ, garlic aioli, blue cheese, chipotle aioli [1.1, 5]

SOMETHING SWEET

BACON MAPLE BUTTERMILK PANCAKES €16.50
Irish streaky bacon & vanilla-infused maple syrup
[1.1, 4, 5]

KINDER BUENO & STRAWBERRY BUTTERMILK PANCAKES €16.50
with hazelnut sauce and crushed Kinder Bueno bar, fresh strawberries [1.1, 2.2, 4, 5, 8, 12]

GOURMET
FOOD PARLOUR

RESTAURANTS · CATERING

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 nuts) | 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 | 15. Please ask your server
[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.

(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!)