

HOMEMADE



GOURMET FOOD PARLOUR

All Day Menu

GOURMET FOOD PARLOUR

RESTAURANTS · CATERING

FLAVOUR IS (ALMOST) EVERYTHING

We believe in flavour. But we also believe in genuine hospitality and incredible atmosphere.

Bring all three together, and you create an unforgettable dining experience every time.

Established in 2006, Gourmet Food Parlour has evolved to become Dublin's most trusted restaurant group, with 6 locations across Dublin and Galway including a state-of-the-art catering kitchen in Santry.

In 2023, we opened 3 unique dining concepts inside the iconic Arnotts Dublin department store.

Our fare is shaped by long-standing relationships with Irish producers, where local ingredients are sourced via sustainable practices.

As fresh as we can find from the farm to your table.
Healthy, nutritious, and affordable food.

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

HOMEMADE



BRUNCH MENU

FRENCH TOAST €15

- Crispy bacon & maple syrup [1.1, 4, 5, 8, 12]
- Vanilla mascarpone with caramelized mango, passion fruit coulis [1.1, 4, 5, 8]

SMASHED AVOCADO TOAST €15.50

Fresh avocado, creamy scrambled eggs, overnight cherry tomato, crumbled feta, basil pesto, tossed seeds, granary bread [1.1, 1.2, 1.4, 5, 11, 12]

SCRAMBLED EGGS €10

Creamy scrambled eggs, granary bread, tomato relish [1.1, 1.2, 4, 5, 12]

FARMHOUSE PLATE €16.50

Creamy scrambled eggs, Irish bacon, Clonakilty black & white pudding, pork sausages, onion and chive potato cake, tomato relish, granary bread [1.1, 1.2, 1.4, 4, 5, 11, 12]

BIG BREAKFAST BAP €13

Irish bacon, pork sausages, fried egg, tomato relish, toasted brioche bun [1.1, 4, 5, 10, 12]

Add black/white pudding [1.4] +€3

WOODLAND BREAKFAST €15.50

Free range scrambled eggs, onion & chive potato cake, herby fried mushrooms, cherry tomatoes, smashed avocado, granary toast [V] [1.1, 1.2, 4, 5, 11]

HUMMUS ON TOAST €8

Roasted red pepper hummus, sweet corn salsa, sweet chili drizzle, toasted multiseed bread [1.1, 1.2, 1.4, 8, 11, 12]

Add fried eggs +€3

Add feta +€2

BREAKFAST ADD ONS

Streaky bacon [12] €3

Pork sausages [12] €3

Clonakilty black/white pudding [1.4] €3

Rashers [12] €3

Eggs +€3

Mushroom €2

Tomato €2

Avocado €3

SIDES

RUSTIC FRIES €4.5

Garlic aioli [1.1, 5]

SWEET POTATO FRIES €5.50

Garlic aioli [1.1, 5]

HOMEMADE SIDE SALAD €6

Balsamic dressing [10, 12]

HOMEMADE



SALADS & SANDWICHES

GFP HAM & CHEESE €13

sliced ham, melted Emmental cheese, red onion, tomato relish, on toasted sourdough [1.1, 4, 10, 12]
Add a cup of soup +€4

TOASTED GOAT CHEESE SPELT CIABATTA €13

Caramelized onion, goat cheese, green pesto aioli, balsamic drizzle, rocket on a toasted brown ciabatta
[1.1, 1.2, 1.3, 1.4, 4, 5, 8, 12]
Add a cup of soup +€4

ROTISSERIE CHICKEN CIABATTA €13.50

Homemade pulled rotisserie chicken, roasted red pepper lime aioli, crispy onion, melted Emmental cheese, rocket
[1.1, 4, 5, 8, 10]
Add a cup of soup +€4

CHICKEN WRAP €13.50

Louisiana or BBQ goujons, cos lettuce, red onion, garlic aioli
toasted wrap [1.1, 4, 5, 8]

CAESAR SALAD €16.50

Roast chicken, cos lettuce, bacon lardons, croutons, fresh parmesan, Caesar dressing [1.1, 1.2, 1.4, 4, 5, 10]

SWEET CHILLI RICE BOWL €15.50

Rice, roasted butternut, pomegranate, sweet corn salsa, cucumber, grated carrot, multi seeds, smashed avocado.
sweet chili dressing [8, 12][VE]
Add feta +€2

GFP FAVOURITES

SOUP OF THE DAY €8.50

Served with Homemade brown bread [1.1, 1.2, 1.4, 4]

SOUTHERN FRIED CHICKEN BURGER €20

Chipotle coleslaw, crispy cos lettuce, dill pickles, melted cheddar cheese, side sweet corn salsa and fries [1.1, 4, 5, 12]
Add streaky bacon +€3

GFP FISH & CHIPS €21

Battered Atlantic haddock, rustic fries, pea puree, tartare sauce
[1.1, 4, 5, 6, 10]

THAI RED SWEET POTATO & RED PEPPER CURRY €16.95

Steamed Basmati rice [GF] [VE] [8, 11]
Add Chicken +€3

HOMEMADE PULLED BEEF BRISKET PIE €18.5

Pulled beef brisket in red wine jus, roast veggie, topped with sesame puff pastry served with homemade salad
[1.1, 4, 5, 8, 10, 11, 12, 14]

HOMEMADE

GOURMET FOOD PARLOUR

COLD DRINKS

HOMEMADE SMOOTHIES €6

Berry Nice

Mixed berries, banana, milk, honey [4]

Tropical

Papaya, pineapple, mango, kiwi, coconut

KEELINGS FRESH JUICES €4.50

Apple/Orange

ALL ABOUT KOMBUCHA €6

Ginger & Lemon Organic / Raspberry

HOMEMADE LEMONADES €7

Ask your server for today's flavour

MINERALS €3.75

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

FIOR UISCE WATER Regular €2.75/ Large €5.50

Still or Sparkling

BEER & CIDER

PERONI €6

FALLING APPLE CIDER €6

RED WINES

Doppio Passo Primitivo, Salento Puglia, Italy €8.5 / €34

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 / €34.5

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]

Catena Malbec, Vista Flores Mendoza Argentina €9.5 / €40

Elegantly structured showing ripe blackberry and blackcurrant fruit flavours and plenty of peppery spice, the finish has a distinct chocolate notes and crisp, refreshing acidity [12]

WHITE WINES

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]

Cuatro Rayas Laseca Verdejo Reudo Spain €8 / €32

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

BUBBLES & ROSÉ

Santa Margherita Prosecco Frizzante, Veneta, Italy €8 / €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]

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

AMERICANO €3.75

CAPPUCCINO [4] €4.30

LATTE [4] €4.30

FLAT WHITE [4] €4

MOCHA [4] €4.50

CHAI LATTE [4] €4.30

HOT CHOCOLATE [4] €4.30

IRISH BREAKFAST TEA €3.60

TEA SELECTION €3.75

Chamomile / Peppermint / Earl Grey / Green Tea / Decaf

ADD A SYRUP 50C

Vanilla / Hazelnut [2.2] / Caramel

ALTERNATIVE MILKS 30C

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

DECAF AVAILABLE ON REQUEST