

KITCHEN ITALIAN

BREAKFAST

MIXED BERRY GRANOLA €10

Yoghurt, homemade mixed berry compote, granola, maple syrup drizzle, fresh berries [1.4, 2.1, 2.2, 2.3, 2.4, 2.5, 3, 8]

SCRAMBLED EGG BRUSCHETTA €12

Creamy scrambled eggs, fresh rocket, ricotta, heirloom tomato salsa with basil and olive oil served with toasted ciabatta bread [1.1, 4, 5]

Add crispy streaky bacon [12] +€3.5

Add prosciutto crudo [12] +€4

TRUFFLE EGGS BENEDICT €15

Toasted sourdough bread, soft poached egg, crispy streaky bacon, truffle hollandaise [1.1, 4, 5, 12]

CROISSANT BAMBOLONI €14

New York roll pistachio cream served with raspberry coulis and berries [1.1, 2.7, 4, 5] *may contain sesame

ROMAN OMELETTE €15

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

Add crispy streaky bacon[12] +€3.5

Add prosciutto crudo[12] +€4

SCRAMBLED EGG AND TOAST €10

Creamy scrambled egg served with a side of toasted sourdough bread and rocket [1.1, 4, 5, 10, 12]

Add streaky bacon [12] +€3.5

WILD MUSHROOMS ON TOAST €14

Sauteed wild mushrooms, shaved parmesan, crispy onion, pesto on toasted granary bread [1.1, 1.2, 1.3, 1.4, 4][VE]

Add crispy streaky bacon +€3.5

Add prosciutto crudo +€4

KIDS BREAKFAST

SCRAMBLED EGG AND TOAST €7

Creamy scrambled egg served with toast [1.1, 4, 5]

Add crispy streaky bacon +€3.5

Add sausage +€3

NUTELLA CROISSANT BAMBOLONI €6.5

New York rolled served with Nutella and berries

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

PASTRIES

ALL BUTTER CROISSANT

€3.75

[1.1, 4, 5]

ALMOND CROISSANT

€4

[1.1, 2.1, 4, 5]

DANISH

€4.50

[1.1, 4, 5]

FRESHLY BAKED SCONES

€4.50

[1.1, 2, 4, 5]

HOT DRINKS

ESPRESSO €3.20

AMERICANO €3.70

CAPPUCCINO [4] €4.10

LATTE [4] €4.10

FLAT WHITE [4] €4

MOCHA [4] €4.30

CHAI LATTE [4] €4.10

HOT CHOCOLATE [4] €4.30

IRISH BREAKFAST TEA €3.50

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 €6
Mixed berries, banana, milk, honey [4]

Tropical €6
Papaya, pineapple, mango, kiwi, coconut

KEELINGS FRESH JUICES €4.50
Apple/Orange

ALL ABOUT KOMBUCHA €4.50
Ginger & Lemon Organic / Raspberry

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

FIOR UISCE WATER €2.75 /
STILL OR SPARKLING €5.50

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

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

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BREAKFAST MENU

SERVING TILL 12PM

At Gourmet Food Parlour, we take pride in using the finest ingredients to create our dishes. For the past 18 years, we have sourced our produce and meats locally whenever possible and continue to be proud to support local farmers and businesses, ensuring the freshest, highest-quality ingredients for your enjoyment. Some of our local suppliers include Keeling's Farm, Toonsbridge, Keoghs Farm, Herefordshire Farms

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