

HOMEMADE



GOURMET FOOD PARLOUR

All Day Menu

BRUNCH MENU

FRENCH TOAST

- **CRISPY BACON & MAPLE SYRUP €15.5**
[1.1, 4, 5, 8, 12]
- **VERY BERRY FRENCH TOAST €15.5**
Raspberry mousse, fresh berries, creme fraiche drizzle
[1.1, 4, 5, 8]
- **CRISPY SPICY CHICKEN €17.5**
French toast, fried egg, drizzle sriracha hot honey
[1.1,4,5,8,10,11,12]

SMASHED AVOCADO TOAST €16.5

Fresh avocado, creamy scrambled eggs, overnight cherry tomato, crumbled feta, basil pesto, tossed seeds, on thick sourdough toast
[1.1, 1.2, 1.4, 5, 12]

SCRAMBLED EGGS €10.5

Creamy scrambled eggs, granary bread, tomato relish
[1.1, 1.2, 4, 5, 11,12]

FARMHOUSE PLATE €17.5

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 €14.5

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 €16.5

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 €8.5

Roasted red pepper hummus, sweet corn salsa, sweet chilli drizzle, thick sourdough bread
[1.1, 1.2, 1.4, 8, 11, 12]
Add fried eggs +€3 Add feta +€2.5

BREAKFAST ADD-ONS

Streaky bacon [12] €3.5 | Pork sausages [12] €3.5
Clonakilty black/white pudding [1.4] €3.5 | Rashers [12] €3
Eggs +€3.5 | Mushroom €2 | Tomato €2 | Avocado €3 | Potato cake €3

SALADS & SANDWICHES

GFP HAM & CHEESE €14.00

Sliced ham, melted Emmental cheese, red onion, tomato relish, on toasted sourdough [1.1, 4, 10, 12]
Add a cup of soup +€4.5

TOASTED GOAT CHEESE SPELT CIABATTA €13.5

Caramelised 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 €14.5

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 €14.00

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

COLD PASTRAMI SANDWICH €14.5

Pastrami, jalapenos and lime aioli, crispy cos lettuce, pickled red onion, sliced plum tomato [1.1,4,5,8,10,11,12]

CAESAR SALAD €17.5

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

FALAFEL SALAD €15.5

Roasted red peppers, grated carrot, mixed leaves, tahini dressing, pomegranate, quinoa, sesame seeds, sweet potato falafel
Add feta 2.5€

CRISPY CHICKEN SALAD WITH ROASTED HAZELNUTS €17.00

Crispy chicken goujons, cos, ranch dressing, cucumber, sweet corn, red pickled onion, toasted hazelnuts
[1.1,2,2, 4, 5, 8]

GFP FAVOURITES

SOUP OF THE DAY €9

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

SOUTHERN FRIED CHICKEN BURGER €20.5

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

GFP FISH & CHIPS €22

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

SWEET CHILLI AND SALMON FISH CAKE €16.5

Two Salmon fish cakes, green salad, side of sweet chilli sauce and lemon wedge [1.1,1.2,1.3,4,5,6,10,11,12]

MEDITERRANEAN STUFFED PEPPERS €16

Grilled summer vegetables, quinoa, olives, fresh herbs, balsamic reduction [12,13,14][VE][GF]

SIDES

RUSTIC FRIES €5

Garlic aioli [1.1, 5]

SWEET POTATO FRIES €6

Garlic aioli [1.1, 5]

HOMEMADE SIDE SALAD €6

Balsamic dressing [10, 12]

CUP OF SOUP €4

COLD DRINKS

HOMEMADE SMOOTHIES €7

Berry Nice

Mixed berries, banana, milk, honey [4]

Tropical

Papaya, pineapple, mango, kiwi, coconut

KEELINGS FRESH JUICES €4.5

Apple/Orange

ALL ABOUT KOMBUCHA €6

Ginger & Lemon Organic / Raspberry

HOMEMADE LEMONADES €8

Ask your server for today's flavour

MINERALS €3.85

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

FIOR UISCE WATER Regular €2.75/ Large €5.5

Still or Sparkling

HOT DRINKS

ESPRESSO €3.25

AMERICANO €3.8 | ICED

CAPPUCCINO [4] €4.4

LATTE [4] €4.4 | ICED

FLAT WHITE [4] €4.2

MOCHA [4] €4.5

CHAI LATTE [4] €4.4

HOT CHOCOLATE [4] €4.4

IRISH BREAKFAST TEA €3.75

TEA SELECTION €3.75

Chamomile / Peppermint / Earl Grey / Green Tea / Decaf

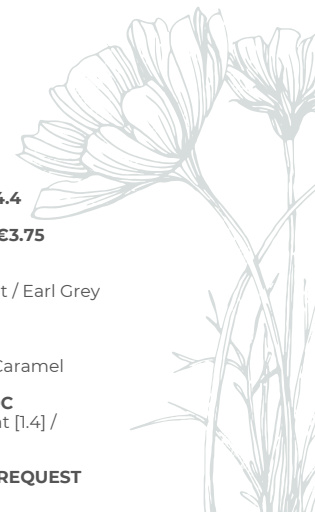
ADD A SYRUP 50C

Vanilla / Hazelnut [2.2] / Caramel

ALTERNATIVE MILKS 30C

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

DECAF AVAILABLE ON REQUEST



Drinks Menu

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]

COCKTAILS

MIMOSA €10.5

Prosecco, orange juice

BELLINI €10.5

Prosecco, peach

HUGO SPRITZ €12

Prosecco, elderflower, lime & mint

STRAWBERRY SPRITZ €12

Marques de Cáceres Rose wine, wild strawberry, lime & soda

BEER & CIDER

PERONI €6

FALLING APPLE CIDER €6

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.

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 great-tasting food.

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 the contain.