

KITCHEN ITALIAN

BREAKFAST

SIGNATURE BREAKFAST

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 €3.5

MIXED BERRY & NUT 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]

PROTEIN START €16

Free range creamy chives scrambled eggs, smashed avocado, streaky bacon, tomato and chilli jam, sourdough toast

[1.1,1.4,4,5,10,11,12]

KITCHEN ITALIAN BREAKFAST €15.5

Free range poached egg, prosciutto crudo, rucola, 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]

WILD MUSHROOMS ON TOAST €14.5

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

Add streaky bacon €3.5 [12]

Add prosciutto crudo €4 [12]

FRENCH TOAST €15

Crispy bacon and maple syrup [1.1,4,5,8,12]

Or

Tiramisu style

Chocolate and coffee ganache, chocolate shaving, whipped mascarpone cream, chocolate powder [1.1,4,5,8,12]

KIDS BREAKFAST

SCRAMBLED EGG AND TOAST €7

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

FRENCH TOAST WITH NUTELLA AND STRAWBERRIES OR MAPLE SYRUP €6.5

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



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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	€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 /€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 prioritize high-quality ingredients by sourcing locally for 19 years, supporting local farmers and businesses. Some suppliers include Keeling's Farm, Toonsbridge, Keoghs Farm, and Herefordshire Farms.

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

