

GOURMET FOOD PARLOUR

RESTAURANTS • CATERING

SIGNATURE DISHES

PROTEIN START €16.5

Creamy chives scrambled eggs, a slice of Irish baked ham, grilled halloumi, roasted tomato, smashed avocado, rocket. Bretzel granary toast [1.1,4,5,11]

FARMHOUSE PLATE €17.5

Creamy free-range scrambled eggs, Irish bacon, Clonakilty black & white pudding, pork sausages, chive and onion potato cake, tomato relish, Bretzel granary toast [1.1, 1.3, 4, 5, 10, 11]

KICKSTART BREAKFAST €16

Free range poached eggs, Irish bacon, overnight roasted tomato, chive and onion potato cake, smashed avocado, Bretzel granary toast [1.1, 1.3, 4, 5, 10, 11]

WOODLAND BREAKFAST €16.5

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

GOURMET VEGAN AVOCADO TOAST €16.25

Thick-sliced sourdough, smashed avocado, sautéed baby spinach, grilled portobello mushroom, overnight roasted tomato, roasted beetroot mousse [V] [VE] [1.1, 8, 10, 11]
Add poached eggs [5] +€2.5
Add streaky bacon +€3.5

CHORIZO HASH €16

Free range poached eggs, chorizo, crispy patatas, caramelised onions, crumbled black pudding, hollandaise sauce [1.1, 1.4, 4, 5, 8]
Add Halloumi +€2.5

BIG BREAKFAST BAP €13.5

Irish bacon, pork sausage, tomato relish, fried egg on toasted brioche bun [1.1, 4, 5, 10]
Add Clonakilty black/white pudding +€2.5

OPEN SMOKED SALMON BAGEL €14

Ballycotton Oak Smoked Salmon, chives cream cheese, pickled red onion, rocket in Bretzel everything bagel. [1.1, 4, 6, 8, 11]

SWORDS BREAKFAST MENU

All of our breakfasts are freshly cooked using local Irish suppliers

ADD-ONS

PORK SAUSAGES €3.5

BACON €3.5

BLACK / WHITE PUDDING
[1.4] €3.5

CHORIZO €2

BAKED MIXED BEANS €3

BRIOCHE BENE

LOUISIANA CHICKEN BENEDICT €17.5

Buttermilk fried chicken in Louisiana sauce, free-range poached eggs, hollandaise sauce served on thick-cut brioche toast [1.1, 4, 5, 8, 10]

GRILLED BACON EGGS BENEDICT €15.5

Grilled Irish bacon, free-range poached eggs, hollandaise sauce, thick-cut brioche toast [1.1, 4, 5, 8]

SOMETHING SWEET

BUTTERMILK PANCAKES €15

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

ETON MESS
Fresh berries, forest fruit compote, whipped cream, crushed meringue [1.1, 4, 5]

FRENCH TOAST €15

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

BERRY MEDELY
Fresh berries, whipped cream & fruit compote, icing sugar french toast [1.1, 4, 5]

SIDES

RUSTIC FRIES [1.1] €4.5

SWEET POTATO FRIES [1.1] €5.25

WAFFLE FRIES [1.1] €5.5

PATATAS BRAVAS
Salsa, aioli [1.1, 5] €7.5

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SWORDS BREAKFAST MENU

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Proudly serving the community since 2008

JUICES & SMOOTHIES

KEELINGS FRESH JUICES €4.5
Fresh apple or orange juice

HOMEMADE SMOOTHIES €6
BERRY
Mixed berries, banana, milk [4]

TROPICAL
Papaya, pineapple, mango, kiwi, coconut milk

HOMEMADE LEMONADES

SUMMER BERRY €7
Freshly squeezed lemon juice, strawberry puree, raspberry syrup, sparkling water

KIWI & MINT €7
Freshly squeezed lemon juice, Kiwi syrup, mint leaves, sparkling water

PASSIONFRUIT €7
Freshly squeezed lemon juice, Passionfruit syrup, mint leaves, sparkling water

TEA & COFFEE

Featuring our full bodied Parlour House Blend

COLD

ICED AMERICANO €4.75
ICED LATTE [4] €5
ICED MOCHA [4] €5.5
ICED TEA €7
Green Tea & Peach, Mango & Pineapple

ADD A SYRUP 50c
Vanilla / Hazelnut [2.2] / Caramel

HOT

ESPRESSO €3.25
AMERICANO €3.8
CAPPUCCINO [4] €4.4
LATTE [4] €4.4
FLAT WHITE [4] €4.2
CHAI LATTE [4] €4.4
MOCHA [4] €4.5
HOT CHOCOLATE [4] €4.4
IRISH BREAKFAST TEA €3.75
TEA SELECTION €3.75
Camomile / Peppermint / Earl Grey
/ Green Tea / Decaf

ADD ALTERNATIVE MILK 30c
Soy [8] / Almond [2.1] / Oat [1.4] / Coconut [8]

REFRESHMENTS

ALL ABOUT KOMBUCHA €4.75
Ginger & Lemon Organic
/ Raspberry

MINERALS €3.85
Coke / Coke Zero / 7up / 7up Free
/ Club Orange

SAN PELLEGRINO €4
Lemon / Blood Orange

WILD ORCHARD LEMONADES
€4.5
Cloudy / Pink

FIOR UISCE WATER €3/€5.5
Still or Sparkling Small/Large

APERITIFS

APEROL MIMOSA €11
BELLINI €10
GARIBALDI €10.5

WINE

RED
DOPPIO PASSO PRIMITIVO, SALENTO PUGLIA
ITALY €8 | €34
MAISON DE LA VILLETTE CABERNET SAUVIGNON
FRANCE €8.5 | €34.5

WHITE
DE PAULO PINOT GRIGIOT, TRIESTE
ITALY €8.5 | €33
OPAWA SAUVIGNON BLANC, MARLBOROUGH
NEW ZEALAND €9.5 | €38.5

FULL DRINKS MENU AVAILABLE

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.

www.gourmetfoodparlour.com

(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!)

Thank you for choosing Gourmet Food Parlour. We hope you enjoyed your meal and had a wonderful experience. Your support means the world to us, and we look forward to welcoming you back soon. Have a great day!