

GOURMET FOOD PARLOUR	
Breakfast Menu	
Pastry & scone selection available, ask your server for today's options	
<h2>Signature Dishes</h2> <p><b>BREAKFAST CIABATTA €9.5</b> Irish bacon, pork sausage, tomato relish, toasted ciabatta [1.1, 10, 12] Add black/white pudding [1.4] +€1.5</p> <p><b>BREAKFAST WRAP €9.5</b> Irish bacon, scrambled eggs, Ballymaloe tomato relish, toasted tortilla wrap [1.1, 4, 5, 12, 10, 14]</p> <p><b>WILD MUSHROOMS ON TOAST €13.5</b> Wild mushrooms sautéed in butter, free range poached eggs, sautéed greens, fresh herbs on sourdough [V] [1.1, 4, 5] Add chorizo +€1.5</p> <p><b>CHORIZO HASH €13.5</b> Free range poached eggs, chorizo, crispy patatas, balsamic onions, hollandaise sauce [1.1 4, 5, 8, 12]</p> <p><b>KICKSTART BREAKFAST €13.9</b> Free range poached eggs, Irish bacon, cherry tomatoes, onion &amp; chive potato cake, smashed avocado, Bretzel granary toast [1.1, 1.3, 4, 5, 10, 11]</p> <p><b>VEGAN BREAKFAST €13.9</b> Vegan sausages, crispy patatas, smashed avocado, cherry tomatoes, mushrooms, Bretzel granary toast [VE] [1.1, 8, 11, 12]</p> <p><b>FARMHOUSE PLATE €14.9</b> Irish bacon, Clonakilty black &amp; white pudding, pork sausages, onion &amp; chive potato cake, creamy free range scrambled eggs, relish, Bretzel granary toast [1.1, 1.4, 4, 5, 10, 11, 12]</p>	<h2>Sides</h2> <p>For all fries, choose a dip from BBQ, garlic aioli, blue cheese, chipotle aioli [1.1, 5]</p> <p><b>CRISPY PATATAS</b> [1.1] €4.5</p> <p><b>RUSTIC FRIES</b> [1.1] €4.5</p> <p><b>SWEET POTATO FRIES</b> [1.1] €5.25</p> <p><b>WAFFLE FRIES</b> [1.1] €5.5</p> <p><b>PATATAS BRAVAS</b> €7.5 Salsa, aioli [1.1, 5]</p>
	<h2>Juices &amp; Smoothies</h2> <p><b>KEELINGS FRESH JUICES</b> €3.5 Fresh apple &amp; orange juice</p> <p><b>HOMEMADE SMOOTHIES</b></p> <p><b>Berry</b> €6 Mixed berries, banana, milk [4]</p> <p><b>Tropical</b> €6 Papaya, pineapple, mango, kiwi, coconut milk</p>
	<h2>Cold Drinks</h2> <p><b>ALL ABOUT KOMBUCHA</b> €4.5 Ginger &amp; Lemon Organic / Raspberry</p> <p><b>MINERALS</b> €3.5 Coke / Coke Zero / 7up / 7up Free / Club Orange</p> <p><b>SAN PELLEGRINO</b> €3.75 Lemon / Blood Orange</p> <p><b>WILD ORCHARD LEMONADES</b> €4.2 Cloudy / Pink</p> <p><b>FIOR UISCE WATER</b> €2.5 / €5 Still or Sparkling Small/Large</p>
	<h2>Hot Drinks</h2> <p>Featuring our full bodied Parlour House Blend</p> <p><b>ESPRESSO</b> €2.8</p> <p><b>AMERICANO</b> €3.4</p> <p><b>CAPPUCCINO</b> [4] €4</p> <p><b>LATTE</b> [4] €4</p> <p><b>FLAT WHITE</b> [4] €3.9</p> <p><b>MOCHA</b> [4] €4.2</p> <p><b>CHAI LATTE</b> [4] €3.9</p> <p><b>HOT CHOCOLATE</b> [4] €4.3</p> <p><b>IRISH BREAKFAST TEA</b> €3.2</p> <p><b>TEA SELECTION</b> €3.5 Camomile / Peppermint / Earl Grey / Green Tea / Decaf</p> <p><b>ADD A SYRUP</b> 50c Vanilla / Hazelnut [2.2] / Caramel</p> <p><b>ALTERNATIVE MILKS</b> 50c 30c Soy [8] / Almond [2.1] / Oat [1.4] / Coconut [8]</p> <p>Decaf available on request</p>
<h2>Egg Dishes</h2> <p><b>SCRAMBLED EGGS &amp; TOAST €10</b> Creamy free-range scrambled eggs, chives, tomato relish, granary toast [V] [1.1, 4, 5, 10, 11]</p> <p><b>PULLED HAM EGGS BENEDICT €14</b> Pulled ham, free range poached eggs, creamy hollandaise sauce, toasted English muffin [1.1, 4, 5, 8]</p>	
<h2>Sweet Options</h2> <p><b>BUTTERMILK PANCAKE STACK €14</b> - Irish streaky bacon &amp; maple syrup [1.1, 4, 5] - Kinder Bueno sauce, Bueno pieces, white &amp; milk chocolate pieces, sliced strawberries [V] [1.1, 2.1, 2.2, 2.3, 2.4, 2.7, 3, 4, 5, 8, 11]</p>	
<h2>Add-Ons</h2> <p><b>PORK / VEGAN SAUSAGES €3.5</b></p> <p><b>BLACK / WHITE PUDDING</b> [1.4] €3.5</p> <p><b>BAKED BEANS €3</b></p> <p><b>BACON €3.5</b></p> <p><b>CHORIZO €2</b></p>	

# GOURMET FOOD PARLOUR

## Breakfast Menu

### 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.

**[www.gourmetfoodparlour.com](http://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!)

We always endeavour to make sure your GFP experience is as seamless as possible, but we are only human!  
If we do make a rare mistake please bear with us and we'll rectify for you as quickly as possible!