

GOURMET FOOD PARLOUR

Breakfast Menu

Pastry & scone selection available, ask your server for today's options

Signature Dishes

BREAKFAST CIABATTA €10

Irish bacon, pork sausage, tomato relish, toasted ciabatta [1.1, 10, 12]
Add black/white pudding [1.4] +€1.5

BREAKFAST WRAP €10

Irish bacon, scrambled eggs, Ballymaloe tomato relish, toasted tortilla wrap [1.1, 4, 5, 12, 10, 14]

WILD MUSHROOMS ON TOAST €13.5

Wild mushrooms sautéed in butter, free range poached eggs, sautéed greens, fresh herbs on sourdough [V] [1.1, 4, 5] Add chorizo +€1.5

CHORIZO HASH €14

Free range poached eggs, chorizo, crispy patatas, balsamic onions, hollandaise sauce [1.1 4, 5, 8, 12]

KICKSTART BREAKFAST €14.25

Free range poached eggs, Irish bacon, cherry tomatoes, onion & chive potato cake, smashed avocado, Bretzel granary toast [1.1, 1.3, 4, 5, 10, 11]

VEGAN BREAKFAST €14.5

Vegan sausages, crispy patatas, smashed avocado, cherry tomatoes, mushrooms, Bretzel granary toast [VE] [1.1, 8, 11, 12]

FARMHOUSE PLATE €15.5

Irish bacon, Clonakilty black & white pudding, pork sausages, onion & chive potato cake, creamy free range scrambled eggs, relish, Bretzel granary toast [1.1, 1.4, 4, 5, 10, 11, 12]

Egg Dishes

SCRAMBLED EGGS & TOAST €10

Creamy free-range scrambled eggs, chives, tomato relish, granary toast [V] [1.1, 4, 5, 10, 11]

PULLED HAM EGGS BENEDICT €14.5

Pulled ham, free range poached eggs, creamy hollandaise sauce, toasted English muffin [1.1, 4, 5, 8]

Sweet Options

BUTTERMILK PANCAKE STACK €14.5

- Irish streaky bacon & maple syrup [1.1, 4, 5]
- Kinder Bueno sauce, Bueno pieces, white & milk chocolate pieces, sliced strawberries [V] [1.1, 2.1, 2.2, 2.3, 2.4, 2.7, 3, 4, 5, 8, 11]

Add-Ons

PORK / VEGAN SAUSAGES €3.5

BLACK / WHITE PUDDING [1.4] €3.5

BAKED BEANS €3

BACON €3.5

CHORIZO €2

Sides

For all fries, choose a dip from BBQ, garlic aioli, blue cheese, chipotle aioli [1.1, 5]

CRISPY PATATAS [1.1] €4.5

RUSTIC FRIES [1.1] €4.5

SWEET POTATO FRIES [1.1] €5.25

WAFFLE FRIES [1.1] €5.5

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

Juices & Smoothies

KEELINGS FRESH JUICES €3.75
Fresh apple & orange juice

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

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

Cold Drinks

ALL ABOUT KOMBUCHA €4.5
Ginger & Lemon Organic / Raspberry

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

SAN PELLEGRINO €3.75
Lemon / Blood Orange

WILD ORCHARD LEMONADES €4.5
Cloudy / Pink

FIOR UISCE WATER €2.5 / €5
Still or Sparkling Small/Large

Hot Drinks

Featuring our full bodied Parlour House Blend

ESPRESSO €3

AMERICANO €3.6

CAPPUCCINO [4] €4.1

LATTE [4] €4.1

FLAT WHITE [4] €4

MOCHA [4] €4.3

CHAI LATTE [4] €4.1

HOT CHOCOLATE [4] €4.3

IRISH BREAKFAST TEA €3.5

TEA SELECTION €3.75
Camomile / Peppermint / Earl Grey / Green Tea / Decaf

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

ALTERNATIVE MILKS 50c 30c
Soy [8] / Almond [2.1] / Oat [1.4] / Coconut [8]

Decaf available on request

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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

(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!