

KITCHEN
BISTRO
X
GOURMET
FOOD PARLOUR

Breakfast Menu

Signature Dishes

PORRIDGE €7.5

Flahvans Irish Oats. oat milk, Irish honey, Chia seeds, cinnamon and fresh seasonal fruits [1.1,4][V]

SMASHED AVOCADO ON TOAST €13.5

Free range poached eggs, smashed avocado, Breztel bakery toasted sourdough, rocket, herb oil [1.1,5] Add bacon +€3.5

WILD MUSHROOMS ON TOAST €12

Sautee wild mushrooms, baby greens, crispy leeks on Breztel bakery sourdough [1.1][VE] Add poached eggs +€2.5

WOODLAND BREAKFAST €14.5

Free range scrambled eggs, onion & chive potato cake, herby fried mushrooms, cherry tomatoes, smashed avocado, granary toast [1.1,4,5,11][V]

FARMHOUSE PLATE €15.5

Irish bacon, Clonakilty black & white pudding, pork sausages, onion & chive potato cake, creamy free range scrambled eggs, relish, Breztel 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, stout bread [1.1,4,5,12][V] Add bacon +€3.5 / salmon +€4 [6]

EGGS BENEDICT €14.5

Free range poached eggs, Irish bacon & creamy hollandaise sauce on a toasted English muffin [1.1,4,5]

EGGS ROYAL €15.5

Free range poached eggs, Irish smoked salmon & creamy hollandaise sauce on a toasted English muffin [1.1,4,5,6]

Sweet Options

BUTTERMILK PANCAKE STACK €14.5

- Irish streaky bacon & maple syrup [1.1,4,5]

- Berry compote, fresh cream & seasonal berries [1.1,4,5][V]

Add-Ons

PORK / VEGAN SAUSAGES €3.5

BLACK / WHITE PUDDING [1.4] €3.5

BACON €3.5

CHORIZO €2

Pastries

ALL BUTTER CROISSANT [1.1,4] €4.5

ALMOND CROISSANT [1.1,2.1,4] €4.75

FRESHLY BAKED SCONES [1.1,4] €4.75

Juices & Smoothies

KEELINGS FRESH JUICES €4.5
Fresh apple & orange juice

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

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

Detox €6
Spinach, apple, lemon, coconut milk, fresh mint

Cold Drinks

ALL ABOUT KOMBUCHA €4.5
Ginger & Lemon Organic / Raspberry

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

WILD ORCHARD LEMONADES €4.5
Cloudy / Pink

FIOR UISCE WATER €2.75 / €5
Still or Sparkling Small/Large

PERONI €7.5
330ml bottle

Hot Drinks

Featuring our full bodied Parlour House Blend

ESPRESSO €3.2

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

KITCHEN BISTRO X GOURMET FOOD PARLOUR

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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!