

# GOURMET FOOD PARLOUR

RESTAURANTS · CATERING

## Breakfast Menu

### Signature Dishes

#### FARMHOUSE PLATE €16.5

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

#### WOODLAND BREAKFAST €15.5

Scrambled eggs, chive and onion potato cake, grilled herbed mushrooms, overnight roasted tomato, avocado and Bretzel granary [1.1, 1.3, 4, 5, 10, 11]

#### BREAKFAST BAP €12.50

Irish bacon, pork sausages, tomato relish, free range fried egg on a toasted bap [1.1, 5, 10]  
Add white or black pudding +€2.5

#### BREAKFAST WRAP €11.5

Free range scrambled eggs, grilled rashers, tomato relish folded into a wrap [1.1, 4, 5, 12]  
Add spinach & mushrooms +€2  
Vegetarian option: eggs, spinach, relish, mushrooms

#### KICKSTART BREAKFAST €15

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

#### CHORIZO HASH €15

Free range poached eggs, chorizo, crispy patatas, balsamic onions, hollandaise sauce [1.1 4, 5, 8, 12]  
Add Halloumi +€2.5

#### GOURMET VEGAN AVOCADO ON TOAST €15.50

Thick sliced sourdough, smashed avocado, sautéed baby spinach, grilled garlic mushrooms, overnight baked tomato, roast beetroot mousse, mixed seeds [1.1, 8, 10, 11]

### Egg Dishes

#### GRILLED BACON EGGS BENEDICT €15

Grilled Irish bacon, free range poached eggs, served on brioche toast, hollandaise sauce [1.1, 4, 5, 8]

#### BUFFALO BUTTERMILK CHICKEN EGGS BENEDICT €16.50

Buttermilk fried chicken, maple and Sriracha infused hollandaise and poached eggs served on a toasted thick sliced brioche toast [1.1, 4, 5, 8, 10]

### Sweet Options

#### BUTTERMILK PANCAKE STACK | BELGIAN WAFFLES €15

- 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]

#### 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 €4

Fresh apple or orange juice

#### HOMEMADE SMOOTHIES €6

##### Berry

Mixed berries, banana, milk [4]

##### Tropical

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 €3.75

#### CAPPUCCINO [4] €4.3

#### LATTE [4] €4.3

#### FLAT WHITE [4] €4

#### MOCHA [4] €4.5

#### CHAI LATTE [4] €4.3

#### HOT CHOCOLATE [4] €4.30

#### IRISH BREAKFAST TEA €3.6

#### TEA SELECTION €3.75

Camomile / Peppermint / Earl Grey / Green Tea / Decaf

#### ADD A SYRUP 50c

Vanilla / Hazelnut [2.2] / Caramel

#### ALTERNATIVE MILKS 30c

Soy [8] / Almond [2.1] / Oat [1.4] / Coconut [8]

Decaf available on request

Swords

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## 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)

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(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!