

## BRUNCH FAVOURITES

### FARMHOUSE PLATE €18

Creamy free-range scrambled eggs, Irish bacon, Clonakilty black & white pudding, pork sausages, chive and onion potato cake, tomato relish, granary toast [1.1, 1.3, 1.4, 4, 5, 10, 11]

### KICKSTART BREAKFAST €16.5

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

### WOODLAND BREAKFAST €17

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

### GOURMET VEGAN AVOCADO TOAST €17

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

### BREAKFAST BURRITO €14.5

Scrambled eggs, slow-cooked spiced beef, crispy tater tots, cheddar, pico de gallo, chipotle mayo in a toasted wrap [1.1,4,5,10]

### LOUISIANA CHICKEN BENEDICT €17.5

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

### GRILLED BACON EGGS BENEDICT €16

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

### ADD ONS

PORK SAUSAGES [1.1] €3.5 | BLACK / WHITE PUDDING [1.4] €3.5 | BAKED MIXED BEANS €3 | BACON €3.5 | CHORIZO €2

### CAJUN CHICKEN QUESADILLAS €19.5

Monterey Jack cheese, pico de gallo, , guacamole & sour cream dips, rustic fries\* [1.1, 4, 5, 8, 12]

### GFP SMASH BURGER €21

Two premium Irish beef patties, American cheese, caramelised onion, pickles, crispy lettuce, secret GFP sauce, brioche bun, connoisseur rustic fries\* [1.1, 4, 5, 8, 10, 12] Add an extra patty with cheese +€3.5

### GFP CHICKEN FILLET ROLL €19.5

Crispy chicken fillet coated in chilli hot honey, Monterey Jack cheese, streaky bacon, crispy lettuce, red cabbage slaw, smoked onion mayonnaise on a soft white roll, served with crispy tater tots. \* [1.1, 4, 5, 8, 10, 11]

### CHICKEN CHORIZO LINGUINE PASTA €22

Prosecco creamy sauce, sundried tomatoes, rocket, fresh parmesan [1.1, 4, 5, 8, 12, 14]

\*Dishes marked: Upgrade to Sweet Potato Fries or Waffle Fries +€1

## TODAY'S GOURMET CHEF SPECIAL

Please ask your server for more information.

## SANDWICHES

### TRIPLE DECKER CLUB SANDWICH €15.5

Roast chicken, crispy bacon, tomato, Dubliner cheddar, free range egg, mixed leaves, pesto mayonnaise, toasted Bretzel White bread [1.1, 1.2, 4, 5]

### FAMOUS ROAST CHICKEN €14

Roast chicken, stuffing, garlic aioli, spring onion, Bretzel granary bread [1.1, 4, 5, 8, 11]

### SUPERFOOD WRAP €13.5

Halloumi, avocado, roast beets, spinach, grated carrot, pumpkin seeds, honey mustard dressing, toasted beetroot wrap [V] [1.1, 4, 10]

### LOUISIANA CHICKEN WRAP €14

Louisiana chicken goujons, cos lettuce, red onion, blue cheese aioli, toasted wrap [1.1, 4, 5, 8]

### SANDWICH ADD-ONS

Cup of Soup of the Day €4 | Cheddar Cheese [4] €2 | Irish Bacon €3 | Roast Chicken €3

\*Gluten free bread available

## BOWLS & SALADS

### SIGNATURE CAESAR SALAD €17.5

Grilled chicken breast, crispy bacon, cos lettuce, crunchy garlic & herb croutons and fresh grated Parmesan tossed through in a rich Caesar dressing [1.1, 4, 5, 6, 8, 14, 15]

### PEACH & BURATTA SALAD €17

Maple-caramelised peach, burrata, mixed baby lettuce, crushed pistachios, basil-citrus dressing, crusty sourdough. [1.1, 2.7, 4, 12] [V][GF]

### HOT HONEY CHICKEN BOWL €19

Sweet & spicy crispy chicken, fragrant rice, pickled onion, shredded lettuce, fresh avocado, ruby slaw, jerk mayo [1.1, 4, 5, 8, 10, 11] Vegetarian option: Grilled tofu [8]

### HALLOUMI & HUMMUS SALAD €17.5

Roasted beetroot hummus, grilled halloumi, baby leaves, pickled red onion, quinoa, roasted beetroot, cherry tomato, basil-citrus dressing. [4, 8, 11, 12] [GF] Vegan option: Change for Grilled tofu [VE] [8]

### ADD-ONS

HALLOUMI [4] €2.6 | AVOCADO €2.6 | CHICKEN €3.5 | PRAWNS [7.2] +€5

## SOMETHING SWEET

### BUTTERMILK PANCAKES €16

#### BACON MAPLE

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

#### BANANA BREAD, PEANUT BUTTER, PEACHES

Warm banana bread toast topped with peanut butter, maple caramelised peaches, and vanilla cream [1.1, 2, 3, 4, 5, 8, 12]

#### KINDER BUENO & STRAWBERRY

with hazelnut sauce and crushed Kinder Bueno bar, fresh strawberries [1.1, 2.2, 4, 5, 8, 12]

#### PROTEIN PANCAKES

Oat pancakes with Kinetica protein, Greek yoghurt, berry compote, honey [1.1, 1.4, 4, 5, 8, 12]

## PIZZA

### CLASSIC MARGHERITA €15

San Marzano tomato sauce, buffalo mozzarella, fresh basil [1.1, 4]

### THE HILL OF TARA €16

San Marzano tomato sauce, Fior di Latte mozzarella, buffalo mozzarella, garlic & fennel salami [1.1, 4]

### BBQ BLAST €17

San Marzano, BBQ braised beef, Fior di Latte mozzarella, buffalo mozzarella, red onion, roasted red pepper [1.1, 4]

### PEPERONI PICANTE €17

San Marzano tomato sauce, Fior di Latte mozzarella, spicy pepperoni, drizzled with hot honey [1.1, 4]

### ROMA CRISPY CAESAR €17

White sauce, Fior di Latte mozzarella, roasted chicken, smoked crispy streaky bacon, fresh grated parmesan, crispy lettuce drizzled with Caesar dressing [1.1, 4]

### STRACIATELLA E PISTACHIO €18

San Marzano tomato sauce, Fior di Latte mozzarella, pistachio mortadella, crushed pistachios, rocket, stracciatella [1.1, 2.7, 4]

\*all pizzas are served with our famous buttermilk garlic dip

## SIDES & LIGHT BITES

### SOUP OF THE DAY €9

Served with fresh bread [1.1, 4, 11, 15]

### BONELESS CHICKEN BITES €12

Plain, Louisiana, or BBQ bourbon sauce, garlic aioli or blue cheese dip [1.1, 4, 5, 8]

### GFP CHICKEN WINGS €12

Louisiana sauce or BBQ bourbon sauce, garlic aioli or blue cheese dip [1.1, 4, 5, 8, 10, 11, 12, 14]

### LOADED CRISPY POTATOES €8.5

Crispy tater tots, topped with tomato salsa and melted mozzarella cheese [V] [1.1, 4,12,14] Add braised beef €3

Dips : BBQ, garlic aioli, blue cheese, chipotle aioli [1.1, 5] €1.5

### CONNOISSEUR RUSTIC

FRIES[1.1] €4.5

SWEET POTATO FRIES [1.1]

€5.25

WAFFLE FRIES [1.1] €5.5

CRISPY TATER TOTS [1.1] €5.5

DIPPING GRAVY [8, 10, 12, 14 ]

€2.5

# GOURMET FOOD PARLOUR

RESTAURANTS · CATERING

## SWORDS BRUNCH MENU

*All of our breakfasts are freshly cooked using local Irish suppliers*

Proudly serving the community since 2008

### FRESH JUICES

KEELINGS FRESH JUICES €4.75

Keelings Fresh Orange Juice  
Keelings cold-pressed apple Juice

### HOMEMADE SMOOTHIES €6

FOREST FRUIT  
Mixed berries, banana, milk [4]

TROPICAL  
Papaya, pineapple, mango, kiwi, coconut milk [8,12]

### HOMEMADE & FROZEN LEMONADES €7

PASSIONFRUIT  
Passionfruit, lemon, soda water

WATERMELON  
Watermelon, lemon juice, soda water

LYCHEE  
Lychee syrup, fresh lemon juice, lychee compote, soda water

FROZEN MANGO & STRAWBERRY  
Mango chinks, fresh lemon juice, strawberry syrup, coconut water

FROZEN MANGO & KIWI  
Mango chunks, fresh lemon juice, kiwi syrup, coconut water

### REFRESHMENTS

MINERALS €3.95  
Coke / Coke Zero / 7up / 7up Free  
/Club Orange

KOMBUCHA €4.75

SAN PELLEGRINO €4.15  
Lemon / Blood Orange

FIOR UISCE WATER €3/€6  
Still or Sparkling Small/Large

### TEA & COFFEE

*Featuring our full bodied Parlour House Blend*

#### COLD

ICED AMERICANO €4.75

ICED LATTE [4] €5

ICED MOCHA [4] €5.5

ICE MATCHA LATTE [4] €5.5  
add strawberry syrup 50c

VANILLA FRAPPE [4] €6  
Vanilla frappe mix, espresso, milk,  
cream

ICED TEA €7  
Green Tea & Peach, Mango & Pineapple

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

#### HOT

ESPRESSO €3.3

AMERICANO €3.9

CAPPUCCINO [4] €4.5

LATTE [4] €4.5

MATCHA LATTE [4] €4.5

FLAT WHITE [4] €4.3

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

CHAI LATTE [4] €4.4

MOCHA [4] €4.6

HOT CHOCOLATE [4] €4.4

HONEYCOMB HOT CHOCOLATE [4]  
€4.75

IRISH BREAKFAST TEA €3.75

TEA SELECTION €3.8  
Camomile / Peppermint / Earl Grey  
/ Green Tea / Decaf

### COCKTAILS

APEROL MIMOSA [12] €11

MIMOSA MARGARITA [12] €12

PORNSTAR MARTINI [12] €12

HUGO [12] €11

RHUBARB APEROL SPRITZ [12] €12

POT STILL LEMONADE [12] €11

- FULL DRINKS -  
MENU AVAILABLE

### WINE

#### WHITE

CUATRO RAYAS LASECA VERDEJO, REUDA SPAIN €8.5 | €33

DE PAULO PINOT GRIGIOT, TRIESTE, ITALY [12] €9 | €34

OPAWA SAUVIGNON BLANC, MARLBOROUGH NEW ZEALAND [12] €10 |  
€40

COSTEIRA MEU ALBARINO, RIBEIRO SPAIN [12] €38

#### ROSE

CMARQUES DE CACERES EXCELLENS ROSÉ [12] €9 | €35

#### RED

CODICI MASSERIE PRIMITIVO, PUGLIA ITALY [12] €8.5 | €35

MAISON DE LA VILLETTE CABERNET SAUVIGNON, FRANCE [12] €9.5 | €36

MARQUES DE CACERES EXCELLENS CUVÉE ESPECIAL TEMPRANILLO, RIOJA SPAIN [12]  
€37

#### BUBBLES

SANTA MARGHERITA FRIZZANTE ONDA DOC [12] €9 | €35

#### 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 they contain.

[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!)

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!