

# GOURMET FOOD PARLOUR

RESTAURANTS • CATERING

## SWORDS MENU

### 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

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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!)

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!

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## SWORDS BREAKFAST MENU

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

*Served until 12pm*

### SIGNATURE DISHES

#### BEEF & EGG SOURDOUGH TOAST €17

Thick slice buttered sourdough toast, tender braised and grilled beef brisket, fresh avocado, fried eggs, hot honey drizzle

[1.1, 5, 8, 10, 12, 14]

#### 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

#### GFP BREAKFAST ROLL €13

Soft Roll, grilled bacon, pork sausages, fried eggs with Guinness Smoked Tomato Ketchup

Add Black or White Pudding €3.50

[1.1, 1.4, 5, 10, 12, 14]

#### 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]

### BRIOCHE BENE

#### 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]

### 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]

### ADD-ONS

PORK SAUSAGES [1.1] €3.5

BACON €3.5

BLACK / WHITE PUDDING

[1.4] €3.5

CHORIZO €2

BAKED MIXED BEANS €3

### SIDES

CONNOISSEUR RUSTIC FRIES [1.1] €4.5

SWEET POTATO FRIES [1.1] €5.25

WAFFLE FRIES [1.1] €5.5

CRISPY TATER TOT POTATOES [1.1] €5.5

# LUNCH MENU

## LIGHT BITES

### SOUP OF THE DAY €9

Served with fresh bread [1.1, 4, 11]

### BONELESS CHICKEN BITES €12

Plain, Louisiana, or BBQ bourbon sauce, garlic aioli or blue cheese dip

[1.1, 4, 5, 8, 11, 14]

### 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

## SANDWICHES

### TRIPLE DECKER CLUB SANDWICH €15.5

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

### FAMOUS ROAST CHICKEN €14

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

### LOUISIANA CHICKEN WRAP €14

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

### SUPERFOOD WRAP €13.5

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

### SANDWICH OF THE WEEK

Ask server for more information

### SANDWICH ADD-ONS

Cup of Soup of the Day €4 | Cheddar Cheese [4] €2 |

Irish Bacon €3 | Roast Chicken €3

*\*Gluten free bread available*

## SIDES

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

CONNOISSEUR RUSTIC FRIES €4.5 [1.1]

SWEET POTATO FRIES €5.25 [1.1]

WAFFLE FRIES €5.5 [1.1]

CRISPY TATER TOTS €5.5 [1.1]

DIPPING GRAVY [8, 10, 12, 14] €2.5

## MAINS

### 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

### CHICKEN CHORIZO LINGUINE PASTA €22

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

### 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]

### BIRRIA BEEF TOASTIE €18

Slow-braised beef, melted American cheese, pickled onion, rustic baguette, beef dipping jus served with connoisseur rustic fries\* [1.1, 4, 12]

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

### TODAY'S GOURMET CHEF SPECIAL

Please ask your server for more information.

## BOWLS & SALADS

### KOREAN CHICKEN RICE BOWL €19

Crispy chicken, Korean BBQ glaze, basmati rice, avocado, crispy kale, pickled cucumber, ruby slaw, sesame seeds, sriracha mayo [1.1, 4, 5, 8, 11, 12]

### 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

# 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

# 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 chunks, 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

#CFP

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At Gourmet Food Parlour, quality ingredients are at the heart of everything we do. For 20 years, we have proudly partnered with trusted Irish farmers, growers, and artisan producers to source the freshest seasonal ingredients possible. Supporting local businesses remains a core part of who we are, helping us deliver high-quality dishes with provenance, flavour, and consistency across every menu.

We are proud to work with valued suppliers, including Quigley's Butchers, Clonakilty Black pudding, Ballymaloe Relish, Kish Fish, Keelings, Doyles Veg, Bretzel Bakery and La Rousse Foods, helping us bring the best of Irish produce to every dish we serve.

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