

# GOURMET FOOD PARLOUR

RESTAURANTS • CATERING

## SIGNATURE DISHES

### PROTEIN START €16.5

Creamy chives scrambled eggs, a slice of Irish baked ham, grilled halloumi, roasted tomato, smashed avocado, rocket. Bretzel granary toast [1.1,4,5,11]

### FARMHOUSE PLATE €17.5

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

### KICKSTART BREAKFAST €16

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

### WOODLAND BREAKFAST €16.5

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

### GOURMET VEGAN AVOCADO TOAST €16.25

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

### CHORIZO HASH €16

Free range poached eggs, chorizo, crispy patatas, caramelised onions, crumbled black pudding, hollandaise sauce [1.1, 1.4, 4, 5, 8]  
Add Halloumi +€2.5

### BIG BREAKFAST BAP €13.5

Irish bacon, pork sausage, tomato relish, fried egg on toasted brioche bun [1.1, 4, 5, 10]  
Add Clonakilty black/white pudding +€2.5

### OPEN SMOKED SALMON BAGEL €14

Ballycotton Oak Smoked Salmon, chives cream cheese, pickled red onion, rocket in Bretzel everything bagel. [1.1, 4, 6, 8, 11]

## SWORDS BREAKFAST MENU

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

## ADD-ONS

PORK SAUSAGES €3.5

BACON €3.5

BLACK / WHITE PUDDING  
[1.4] €3.5

CHORIZO €2

BAKED MIXED BEANS €3

## BRIOCHE BENE

### LOUISIANA CHICKEN BENEDICT €17.5

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

### GRILLED BACON EGGS BENEDICT €15.5

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

## SOMETHING SWEET

### BUTTERMILK PANCAKES €15

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

**ETON MESS**  
Fresh berries, forest fruit compote, whipped cream, crushed meringue [1.1, 4, 5]

### FRENCH TOAST €15

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

**BERRY MEDELY**  
Fresh berries, whipped cream & fruit compote, icing sugar french toast [1.1, 4, 5]

## SIDES

RUSTIC FRIES [1.1] €4.5

SWEET POTATO FRIES [1.1] €5.25

WAFFLE FRIES [1.1] €5.5

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

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## SWORDS BREAKFAST MENU

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Proudly serving the community since 2008

### JUICES & SMOOTHIES

KEELINGS FRESH JUICES €4.5  
Fresh apple or orange juice

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

TROPICAL  
Papaya, pineapple, mango, kiwi, coconut milk

### HOMEMADE LEMONADES

SUMMER BERRY €7  
Freshly squeezed lemon juice, strawberry puree, raspberry syrup, sparkling water

KIWI & MINT €7  
Freshly squeezed lemon juice, Kiwi syrup, mint leaves, sparkling water

PASSIONFRUIT €7  
Freshly squeezed lemon juice, Passionfruit syrup, mint leaves, sparkling water

### TEA & COFFEE

*Featuring our full bodied Parlour House Blend*

#### COLD

ICED AMERICANO €4.75  
ICED LATTE [4] €5  
ICED MOCHA [4] €5.5  
ICED TEA €7  
Green Tea & Peach, Mango & Pineapple

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

#### HOT

ESPRESSO €3.25  
AMERICANO €3.8  
CAPPUCCINO [4] €4.4  
LATTE [4] €4.4  
FLAT WHITE [4] €4.2  
CHAI LATTE [4] €4.4  
MOCHA [4] €4.5  
HOT CHOCOLATE [4] €4.4  
IRISH BREAKFAST TEA €3.75  
TEA SELECTION €3.75  
Camomile / Peppermint / Earl Grey  
/ Green Tea / Decaf

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

### REFRESHMENTS

ALL ABOUT KOMBUCHA €4.75  
Ginger & Lemon Organic  
/ Raspberry

MINERALS €3.85  
Coke / Coke Zero / 7up / 7up Free  
/ Club Orange

SAN PELLEGRINO €4  
Lemon / Blood Orange

WILD ORCHARD LEMONADES  
€4.5  
Cloudy / Pink

FIOR UISCE WATER €3/€5.5  
Still or Sparkling Small/Large

### APERITIFS

APEROL MIMOSA €11  
BELLINI €10  
GARIBALDI €10.5

### WINE

RED  
DOPPIO PASSO PRIMITIVO, SALENTO PUGLIA  
ITALY €8 | €34  
MAISON DE LA VILLETTE CABERNET SAUVIGNON  
FRANCE €8.5 | €34.5

WHITE  
DE PAULO PINOT GRIGIOT, TRIESTE  
ITALY €8.5 | €33  
OPAWA SAUVIGNON BLANC, MARLBOROUGH  
NEW ZEALAND €9.5 | €38.5

FULL DRINKS MENU AVAILABLE

#### 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 the 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!