

GOURMET FOOD PARLOUR

RESTAURANTS · CATERING

Brunch Menu

Breakfast Dishes

FARMHOUSE PLATE €15.50

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

GOURMET VEGAN AVOCADO TOAST €14.50

Smashed avocado, sautéed baby spinach, grilled garlic mushrooms, overnight baked tomato, roast beetroot mousse, mixed seeds, sourdough toast [V] [VE] [1.1, 8, 10, 11]

BUFFALO BUTTERMILK CHICKEN EGGS BENEDICT €15.50

Buttermilk fried chicken, free range poached eggs, maple & Sriracha infused hollandaise, brioche toast [1.1, 4, 5, 8, 10]

KICKSTART BREAKFAST €14.50

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

WOODLAND BREAKFAST €15

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

BIG BREAKFAST BAP €11.50

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

GRILLED BACON EGGS BENEDICT €14.50

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

BREAKFAST ADD ONS

Pork/Vegan Sausages €3.5 | Clonakilty Black/White Pudding [1.4] €3.5 | Bacon €3.5 | Baked Beans €3 | Chorizo €2

Brunch Favourites

CAJUN CHICKEN QUESADILLAS €18

Monterey Jack cheese, tex mex salsa, guacamole & sour cream dips, rustic fries [1.1, 4, 5, 8, 12]*

GFP CHICKEN WINGS €17.50

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

GFP SMASH BURGER €18

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

BUTTERMILK SOUTHERN FRIED CHICKEN BURGER €18.50

Tomato, lettuce, red onion, chipotle aioli, brioche bun, rustic fries [1.1, 4, 5, 10]

CHICKEN & CHORIZO LINGUINE €18.50

Sundried tomato & shallot prosecco cream, parmesan & rocket [1.1, 4, 12] Add garlic bread +€2.00

THAI RED SWEET POTATO & RED PEPPER CURRY €16.50

Steamed basmati rice [VE] [V] [GF] [8, 14, 15] Add Chicken +€3 / Add Prawns [7.2] +€4

BUTTERMILK PANCAKE STACK €14.50 | BELGIAN WAFFLES €13.50

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]

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

Sandwiches

TRIPLE DECKER CLUB SANDWICH €14

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

FAMOUS ROAST CHICKEN €12.50

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

LOUISIANA CHICKEN WRAP €13

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

SUPERFOOD WRAP €11.50

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

TOASTED GOATS CHEESE CIABATTA €12.50

Goats cheese, sundried tomatoes, rocket, red onion marmalade, toasted ciabatta [V] [1.1, 4, 12]

Gluten free bread available

SANDWICH ADD-ONS

Cup of Soup of the Day €3.5 | Cheddar Cheese [4] €2 | Irish Bacon €3 | Roast Chicken €3

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Pastry & scone selection available, ask your server for today's options

Salad & Bowls

GRILLED SESAME HALLOUMI BOWL €16

Sesame crusted halloumi, jasmine rice, slow roast peppers, fresh avocado, tomato, red kidney beans, edamame beans, ginger & honey salsa
[GF] [V] [4, 8, 11]

CHICKEN & BACON CAESAR €16

Roast chicken, Irish bacon, cos lettuce, parmesan shaving, croutons, Caesar dressing
[1, 4, 5, 6, 8, 14]

SUPERFOOD SALAD €15.5

Quinoa, beetroot, butternut squash, pomegranate, mixed leaves, citrus dressing, toasted seeds
[VE] [V] [GF] [8]

GOATS CHEESE SALAD €15.5

Candied walnuts, beetroot, fig, red onion, rocket, balsamic dressing
[V] [2,3, 4, 12]

ADD-ONS

Halloumi [4] €2.6 | Avocado €2.6 | Chicken €3.6 | Prawns [7,2] €4

Sides & Light Bites

SOUP OF THE DAY €7.5

Served with fresh bread [1, 1, 4, 11, 15]

BONELESS CHICKEN BITES €9

Plain, Louisiana, or BBQ bourbon sauce, garlic aioli or blue cheese dip [1, 1, 4, 5, 8]

RUSTIC FRIES €4.5 [1,1]

SWEET POTATO FRIES €5.25 [1,1]

WAFFLE FRIES €5.5 [1,1]

PATATAS BRAVAS €7.5

Salsa, aioli [1, 1, 5]

HOUSE SIDE SALAD €6

Tossed green salad

For all fries, choose a dip from BBQ, garlic aioli, blue cheese or chipotle aioli [1, 1, 5]

Juices & Smoothies

KEELINGS FRESH JUICES €3.75

Fresh apple or orange juice

HOMEMADE SMOOTHIES

Berry €6

Mixed berries, banana, milk [4]

Tropical €6

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

MOCHA [4] €4.3

AMERICANO €3.6

CHAI LATTE [4] €4.1

CAPPUCCINO [4] €4.1

HOT CHOCOLATE [4] €4.3

LATTE [4] €4.1

IRISH BREAKFAST TEA €3.5

FLAT WHITE [4] €4

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

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
(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!)