

## The Bakery

**CROISSANT SELECTION** €2.75  
[1.1, 2.1] Ask server for available options

**SCONE SELECTION** €2.75  
[1.1] Ask server for available options

**PECAN PASTRY** €2.75  
[1.1, 2.5]

# GOURMET FOOD PARLOUR

## Breakfast Menu Dunshaughlin

## Treats

Ask your server about  
our full range of delicious  
treats available today

## GFP Breakfast Classics

**SUPERFOOD OMELETTE** €12.5  
Avocado, spinach, vegan pesto, parmesan, free range eggs served with granary toast

**SCRAMBLED EGGS & TOAST** €8.5  
Creamy free range scrambled eggs, chives, tomato relish, granary toast [V] [1.1, 4, 5, 10, 11]

**PULLED HAM EGGS BENEDICT** €11.5  
English muffin topped with pulled ham, free range poached eggs, Hollandaise sauce [1.1, 4, 5]

**CHORIZO HASH** €11.5  
Free range poached eggs, chorizo, crispy patatas, balsamic onions, hollandaise sauce [GF] [4, 5, 8]

**FARMHOUSE PLATE** €12.5  
Irish bacon, Clonakilty black & white pudding, pork sausage, creamy free range scrambled eggs, tomato relish, granary toast [1.1, 1.3, 4, 5, 10, 11]

**KICKSTART BREAKFAST** €11  
Irish bacon, free range poached eggs, onion & chive potato cake, smashed avocado, cherry tomatoes, granary toast [1.1, 4, 5, 11]

**MEXICAN BREAKFAST BURRITO** €10.5  
Scrambled free range eggs, kidney beans, avocado, cheddar cheese, pico de gallo, and spicy mayonnaise folded into a wrap [1.1, 4, 5, 12]

**BREAKFAST CIABATTA** €9.5  
Irish bacon, pork sausage, tomato relish, toasted ciabatta [1.1, 10]

**VEGAN BIG BREAKFAST** €11  
Vegan sausages, vegan Clonakilty pudding, baked beans, herby fried mushrooms, cherry tomatoes, granary toast [VE] [1.1, 11]

## Sweet Options

**ORGANIC OAT PORRIDGE** €8  
Banana & organic honey **OR** berry compote & agave [1.4, 4]

**HOMEMADE GRANOLA** €9  
Organic natural yogurt with mixed berry coulis **or** mango, topped with homemade nut & seed granola [1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8, 4]

**FRENCH TOAST** €11.5  
Topped with Irish streaky bacon, rocket & maple syrup **or** mixed berries & maple syrup [1.1, 4, 5]

**PANCAKE STACK** €12  
Topped with Irish streaky bacon, rocket & maple syrup **or** mixed berries & maple syrup [1.1, 4, 5]

## Add-Ons

**PORK / VEGAN SAUSAGES** €3

**BLACK / WHITE PUDDING** [1.3] €3

**BACON** €3

**FRIED EGGS** [4, 5] €2.5

**TOAST** [1.1] €2.5

**CHORIZO** €1.5

**MUSHROOMS** €1.5

## Refreshments

**ALL ABOUT KOMBUCHA** €4  
Ginger & Lemon Organic / Carrot & Turmeric / Raspberry

**WILD ORCHARD JUICES** €3.8  
Orange / Apple / Carrot & Apple

**WILD ORCHARD SMOOTHIES** €3.8  
Strawberry / Mango

**WILD ORCHARD LEMONADE** €3.8  
Cloudy / Pink

**MINERALS** €3  
Coke / Coke Zero / Diet Coke / 7up / 7up Free / Club Orange

**SAN PELLEGRINO** €3  
Orange / Lemon

**FIOR UISCE WATER** €2.5 (250ml) / €5 (750ml)  
Still or Sparkling

## Hot Drinks

Featuring our very own, full bodied  
Parlour House Blend.

Roasted & blended in Ireland, this premium coffee carries notes of caramel and cocoa.

**ESPRESSO** €2.5

**AMERICANO** €3.1

**CAPPUCCINO** [4] €3.6

**LATTE** [4] €3.6

**FLAT WHITE** [4] €3.35

**MOCHA** [4] €4

**CHAI LATTE** [4] €3.5

**HOT CHOCOLATE** [4] €3.5

**IRISH BREAKFAST TEA** €2.75

**ORGANIC HAND-STITCHED TEA PILLOWS** €3.2  
Camomile / Peppermint / Wild Berry / Earl Grey / Green Tea / Decaf

**ADD A SYRUP** €1  
Vanilla / Hazelnut [2.2] / Caramel

**SOY** [8] / **ALMOND** [2.1] / **OAT MILK** [1.4] 50c  
**COCONUT MILK**

Decaf available on request

(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!