

# GOURMET FOOD PARLOUR

## Breakfast Menu Salthill

Pastry & scone selection available, ask your server for options

### Signature Dishes

<b>MEXICAN BREAKFAST BURRITO</b> Free range scrambled eggs, kidney beans, avocado, cheddar cheese, pico de gallo and spicy mayonnaise folded into a wrap [V] [1.1, 4, 5, 12] Add bacon +€2	€11.5
<b>WILD MUSHROOMS ON TOAST</b> Wild mushrooms sautéed in butter, free range poached eggs, sautéed greens, fresh herbs on sourdough [V] [1.1, 4, 5] Add chorizo +€1.5	€12.5
<b>FARMHOUSE PLATE</b> Irish bacon, Clonakilty black & white pudding, pork sausages, sautéed potatoes, creamy free range scrambled eggs, relish, Bretzel granary toast [1.1, 1.3, 4, 5, 10, 11]	€13.5
<b>KICKSTART BREAKFAST</b> Free range poached eggs, Irish bacon, cherry tomatoes, sautéed potatoes, smashed avocado, Bretzel granary toast [1.1, 1.3, 4, 5, 10, 11]	€12.5
<b>WOODLAND BREAKFAST</b> Scrambled eggs, onion & chive potato cake, herby fried mushrooms, cherry tomatoes, granary toast, smashed avocado [V] [1.1, 4, 5, 11] Add vegan sausages +€2.50	€12.5
<b>VEGAN BREAKFAST</b> Vegan sausages, sautéed potatoes, smashed avocado, cherry tomatoes, mushrooms, Bretzel granary toast [VE] [1.1, 11]	€12.5
<b>CHORIZO HASH</b> Free range poached eggs, chorizo, crispy patatas, balsamic onions hollandaise sauce [4, 5, 8]	€12.5
<b>BREAKFAST CIABATTA</b> Irish bacon, pork sausage, tomato relish, toasted ciabatta [1.1, 10] Add black/white pudding +€1.5	€9.5

### Egg Dishes

<b>PULLED HAM EGGS BENEDICT</b> Pulled ham, free range poached eggs, creamy hollandaise sauce, toasted English muffin [1.1, 4, 5]	€12.5
<b>SMASHED AVOCADO, IRISH BACON &amp; POACHED EGGS</b> Free range poached eggs, Irish bacon, smashed avocado, relish, Bretzel sourdough toast [1.1, 5]	€12.5
<b>HUEVOS RANCHEROS</b> Free range fried eggs, cheddar cheese, kidney beans, salsa, sour cream, guacamole, tortilla wrap [1.1, 4, 5, 10, 14] Add chorizo +€1.5, Add bacon €2	€12
<b>EGGS ROYALE</b> Free range poached eggs, maple smoked salmon, creamy hollandaise sauce, toasted English muffin [1.1, 4, 5, 6]	€13.5

### Sweet Options

<b>FRENCH TOAST</b> Mixed berries & homemade fruit coulis [1.1, 4, 5]	€12.5
Irish streaky bacon & maple syrup [1.1, 4, 5]	€13.5
Kinder Bueno sauce, Bueno pieces, white & milk chocolate pieces, sliced strawberries [1.1, 2.1, 2.2, 2.3, 2.4, 2.7, 3, 4, 5, 8, 11]	€13.5
<b>BUTTERMILK PANCAKE STACK</b> Mixed berries & homemade fruit coulis [1.1, 4, 5]	€12.5
Irish streaky bacon & maple syrup [1.1, 4, 5]	€13.5
Kinder Bueno sauce, Bueno pieces, white & milk chocolate pieces, sliced strawberries [1.1, 2.1, 2.2, 2.3, 2.4, 2.7, 3, 4, 5, 8, 11]	€13.5

### Add-Ons

<b>PORK / VEGAN SAUSAGES</b>	€3.3
<b>BLACK / WHITE PUDDING</b> [1.3]	€3.25
<b>BACON</b>	€3.3
<b>CHORIZO</b>	€2

### Sides

<b>BAKED BEANS</b>	€3
<b>SAUTÉED POTATOES</b> [1.1]	€4
<b>RUSTIC FRIES</b> Garlic aioli [1.1, 5]	€4.5
<b>SWEET POTATO FRIES</b> Chipotle aioli [1.1, 5]	€5
<b>WAFFLE FRIES</b> Chipotle aioli [1.1, 5]	€5
<b>PATATAS BRAVAS</b> Salsa, aioli [1.1, 5]	€7

### Cold Drinks

<b>ALL ABOUT KOMBUCHA</b> Ginger & Lemon Organic / Raspberry	€3.5
<b>FENTIMANS DRINKS</b> Ginger Beer / Sparkling Elderflower / Rose Lemonade	€4
<b>MINERALS</b> Coke / Coke Zero / 7up / 7up Free / Club Orange	€3.2
<b>SAN PELLEGRINO</b> Lemon	€3.75
<b>JUICES</b> Apple / Orange	€4
<b>WILD ORCHARD SMOOTHIES</b> Strawberry / Mango & Passionfruit	€4.2
<b>FIOR UISCE WATER</b> Still or Sparkling	€2.5 (250ml) €5 (750ml)

### Hot Drinks

Featuring our very own, full bodied Parlour House Blend.

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

<b>ESPRESSO</b>	€2.6
<b>AMERICANO</b>	€3.25
<b>CAPPUCCINO</b> [4]	€3.5
<b>LATTE</b> [4]	€3.5
<b>FLAT WHITE</b> [4]	€3.4
<b>MOCHA</b> [4]	€4
<b>CHAI LATTE</b> [4]	€3.7
<b>HOT CHOCOLATE</b> [4]	€4.3
<b>IRISH BREAKFAST TEA</b>	€2.5
<b>ORGANIC HAND-STITCHED TEA PILLOWS</b> Camomile / Peppermint / Wild Berry / Earl Grey / Green Tea / Decaf	€3
<b>ADD A SYRUP</b> Vanilla / Hazelnut [2.2] / Caramel	70c
<b>SOY</b> [8] / <b>ALMOND</b> [2.1] / <b>OAT MILK</b> [1.4] <b>COCONUT MILK</b>	50c

Decaf available on request

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### 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 15. VARIES

[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

[www.gourmetfoodparlour.com](http://www.gourmetfoodparlour.com)

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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!)

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!