

# GOURMET FOOD PARLOUR

## Brunch Menu Salthill

Pastry & scone selection available, ask your server for available options

### Breakfast Dishes

<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>VEGAN BREAKFAST</b> Vegan sausages, sautéed potatoes, smashed avocado, cherry tomatoes, mushrooms, Bretzel granary toast [1.1, 11]	€12.5
<b>PULLED HAM EGGS BENEDICT</b> Free range poached eggs, pulled ham, creamy hollandaise sauce, toasted English muffin [1.1, 4, 5]	€12.5
<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>MEXICAN BREAKFAST BURRITO</b> Scrambled free range eggs, kidney beans, avocado, cheddar cheese, pico de gallo and spicy mayonnaise folded into a wrap [1.1, 4, 5, 12] Add bacon +€2	€11.5
<b>WILD MUSHROOMS ON TOAST</b> Wild mushrooms sautéed in butter, fresh herbs on sourdough, poached eggs, sautéed greens [1.1, 4, 5] Add chorizo +€1.5	€12.5
<b>EGGS ROYALE</b> Free range poached eggs, maple smoked salmon, creamy hollandaise sauce, toasted English muffin [1.1, 4, 5, 6]	€13.5

### Brunch Favourites

<b>CAJUN CHICKEN QUESADILLAS</b> Monterey Jack cheese, tex mex salsa, guacamole & sour cream dips, rustic fries [1.1, 4, 5, 8, 12]*	€16
<b>GFP CHICKEN WINGS</b> Louisiana or BBQ bourbon sauce, rustic fries, garlic aioli or blue cheese dip [1.1, 4, 5, 8, 10, 11, 12, 14]*	€15
<b>HEREFORD BEEF BURGER</b> Smoked applewood cheese, red onion, lettuce, tomato, relish, aioli, brioche bun, rustic fries [1.1, 4, 5, 10] Add streaky bacon €1.50*	€16
<b>BUTTERMILK SOUTHERN FRIED CHICKEN BURGER</b> Tomato, lettuce, red onion, chipotle aioli, chicken gravy, brioche bun, rustic fries [1.1, 4, 5, 10] Add streaky bacon +€1.50*	€17
<b>MICIL POITIN BATTERED FISH &amp; CHIPS</b> Fresh hake, hand cut chips, tartare sauce [1.1, 6, 12]	€17.5
<b>CHICKEN &amp; CHORIZO LINGUINE</b> Sundried tomato & shallot prosecco cream, parmesan & rocket [1.1, 4, 12] Add garlic bread +€2.00	€15.5
<b>THAI RED SWEET POTATO &amp; RED PEPPER CURRY</b> Steamed basmati rice [VE] [V] [GF] [8, 14, 15] Add Chicken/Prawns [7.2] +€3	€14

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

### Sweet Options

<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
<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

### Sandwiches

<b>FAMOUS ROAST CHICKEN</b> Roast chicken, stuffing, garlic aioli, spring onion, Bretzel granary [1.1, 4, 5, 8, 11]	€9.5
<b>LOUISIANA CHICKEN WRAP</b> Louisiana chicken goujons, cos lettuce, red onion, blue cheese aioli, toasted wrap [1.1, 4, 5, 8, 10]	€10.5
<b>TRIPLE DECKER CLUB SANDWICH</b> Roast chicken, crispy bacon, tomato, Dubliner cheddar, free range egg, mixed leaves & pesto mayonnaise, toasted bloomer [1.1, 1.2, 4, 5]	€13
<b>SUPERFOOD WRAP</b> Avocado, roast beets, feta cheese, spinach, grated carrot, pumpkin seeds, honey mustard dressing, toasted wrap [V] [1.1, 4, 10]	€9
<b>BBQ BEEF BRISKET</b> Slow cooked beef brisket, smoked applewood cheese, crispy onion on toasted sub roll with a rich BBQ dipping sauce [1.1, 4, 10, 14]	€12.5

Gluten free bread available

<b>SANDWICH ADD-ONS</b>	
Cup of Soup of the Day	€3
Cheddar Cheese [4]	€1
Irish Bacon	€2
Roast Chicken	€3

### Salads & Bowls

<b>CHICKEN &amp; BACON CAESAR</b> Roast chicken, Irish bacon, cos lettuce, parmesan shaving, croutons, Caesar dressing [1.1, 4, 5, 6, 8, 14]	€14
<b>BRISKET OF BEEF BOWL</b> Jasmine rice, pickled slaw, tomato, red kidney beans, tomato pepper salsa, guacamole, sour cream [GF] [4, 10, 14]	€15.5
<b>GRILLED SESAME HALLOUMI BOWL</b> Sesame crusted halloumi, jasmine rice, slow roast peppers, fresh avocado, tomato, red kidney beans, soya, ginger & honey salsa [GF] [V] [4, 8, 11]	€14
<b>GOATS CHEESE SALAD</b> Candied walnuts, beetroot, fig, red onion, rocket, balsamic dressing [V] [2.3, 4, 12]	€13.5
<b>SUPERFOOD SALAD</b> Quinoa, beetroot, butternut squash, pomegranate, mixed leaves, citrus dressing, toasted seeds [VE] [V] [GF] [8]	€13.5
<b>ADD-ONS</b>	
Halloumi [4]   Avocado	€2
Chicken   Prawn [7.2]	€3

### Sides

<b>SOUP OF THE DAY</b> Rustic bread [1.1, 4, 11, 15]	€6.5
<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
<b>FANCY FRIES</b> Topped with parmesan cheese, truffle oil, fresh chives [1.1, 4]	€7
<b>HOUSE SIDE SALAD</b> Tossed green salad	€5
<b>BAKED BEANS</b>	€3
<b>SAUTÉED POTATOES</b> [1.1]	€4

### 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]	50c
<b>COCONUT MILK</b>	
<b>Decaf available on request</b>	

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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 beef used in our dishes is 100% Irish

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!