

STARTERS

GFP Chicken Wings Louisiana sauce, garlic aioli or blue cheese dip [1, 4, 5, 8, 9, 10, 11, 12, 14]	Small €8.00 Large €12.00
Boneless Chicken Bites Plain/Louisiana, garlic aioli or blue cheese dip [1, 4, 5, 8]	7.00
Salt & Pepper Calamari Chipotle aioli [1, 4, 5, 7, 8]	8.50
Soup of the Day Rustic bread [1.1, 4, 11, 15]	6.00

MAINS

Steak Sambo Hereford 6oz Striploin steak, fried egg, tobacco onions, chipotle aioli, toasted ciabatta, rustic fries [1.1, 4, 5] Upgrade fries to Waffle Fries or Sweet Potato Fries +€1.00	16.50
GFP Chicken Wings Louisiana or sticky bourbon sauce, rustic fries, blue cheese dip [1.1, 4, 5, 8, 10, 11, 12, 14] Upgrade fries to Waffle Fries or Sweet Potato Fries +€1.00	15.00
Cajun Chicken Quesadillas Monterey Jack, guacamole, sour cream, salsa, rustic fries [1.1, 4, 5, 8, 12] Upgrade fries to Waffle Fries or Sweet Potato Fries +€1.00	15.00
Thai Red Sweet Potato & Red Pepper Curry Steamed basmati rice [VE] [V] [GF] [8, 14, 15] Add Chicken/Prawns [7.2] +€3	13.00
Chicken & Chorizo Linguine Sundried tomato & shallot prosecco cream, parmesan & rocket [1.1, 4, 12] Add garlic bread +€2.00	15.50
Hereford Beef Burger Cheese, red onion, lettuce, tomato, relish & aioli, rustic fries [1.1, 4, 5, 10, 12] Add streaky bacon €1.50 Upgrade fries to Waffle Fries or Sweet Potato Fries +€1.00	16.00
Crispy Chicken Burger Brioche bun, chipotle aioli, lettuce, tomato & red onion, rustic fries [1.1, 4, 5, 10, 12] Add Bacon +€1.50 Upgrade fries to Waffle Fries or Sweet Potato Fries +€1.00	16.00
Micil Poitín Battered Fish N' Chips Fresh hake, hand cut chips, tartare sauce [1.1, 6, 12]	16.00
Scampi & Chips Homemade breaded scampi, rustic fries, citrus salad, dressing [1.1, 4, 5, 7]	16.00

SANDWICHES

Add soup of the day to your sandwich +€3.00

Grilled Halloumi Ciabatta Roast red peppers, red onion, pesto, toasted ciabatta [1.1, 2.1, 2.3, 2.4, 3, 4] Add bacon +€1.50	9.20
Famous Roast Chicken Roast chicken, stuffing, garlic aioli, spring onion, granary [1.1, 4, 5, 8, 11] Add cheddar cheese +€1	9.50
GFP Club Roast chicken, Irish ham, tomato, lettuce, red onion marmalade, aioli, ciabatta [1.1, 4, 5, 8, 10, 12]	9.20
Toasted Goat's Cheese Goat's cheese, sundried tomatoes, rocket, red onion marmalade, toasted ciabatta [1.1, 4, 12]	9.50
Cajun Chicken Wrap Cajun chicken, Dubliner cheddar, red onion, rocket, tomato, toasted wrap [1.1, 4, 5, 8, 10]	9.20
Superfood Wrap Quinoa, butternut squash, mixed leaves, hummus, beetroot, toasted wrap [VE] [1.1, 11] Add chicken + €2.50 falafel + €2.00	9.20
Chicken & Bacon Caesar Wrap Chicken, bacon, parmesan, cos lettuce, toasted wrap [1.1, 4, 5, 6, 8, 14]	9.20
Turkey Reuben Roast turkey, Swiss cheese, vine tomatoes, mixed leaves, chipotle aioli, toasted sourdough [1.1, 4, 5, 10, 12]	9.50
Louisiana Chicken Wrap Louisiana chicken goujons, blue cheese aioli, iceberg lettuce, red onion, toasted wrap [1.1, 4, 5, 8, 10] Add cheddar cheese +€1	9.50
Sandwich of the Week Ask our team for what's on offer this week	Varies

Gluten free bread available on request

SIDES

Rustic Fries Garlic aioli [1.1]	4.50
Waffle Fries Garlic aioli [1.1, 4, 5, 8] Add cheese & bacon +€2	5.00
Sweet Potato Fries Chipotle aioli [1.1]	5.00
Patatas Bravas Salsa, aioli [1.1]	6.00

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

SALADS

Chicken & Bacon Caesar	14.00
Roast chicken, Irish bacon, cos lettuce, parmesan shaving, croutons, caesar dressing [1.1, 4, 5, 6, 8, 14]	
Turkey Cobb	14.50
Turkey, streaky bacon, avocado, boiled egg, red onion, cherry tomato, cos lettuce, dijon caesar dressing [4, 5, 6, 8, 14]	
Goats Cheese	14.00
Candied walnuts, beetroot, fig, red onion, rocket, balsamic dressing [2.3, 4, 12] Switch for Crumbled Tofu [8] for Vegan option	
Superfood Salad	14.00
Quinoa, beetroot, butternut squash, pomegranate, mixed leaves, citrus dressing, toasted seeds [VE] [V] [GF] [8]	
Salad Add-Ons:	
Goats cheese [4] Halloumi [4] Falafel Avocado	2.00
Chicken	2.50

DESSERTS

Warm Chocolate Brownie	6.00
Served with fresh cream [GF] [2, 4, 5, 15]	
Carrot & Walnut Cake	6.00
[GF] [2.3, 4, 5]	
Warm Apple & Cinnamon Crumble	6.00
Served with fresh cream [1.1, 4, 5]	
Warm Snickers Cake	4.75
Served with fresh cream [GF] [2, 3, 4, 5, 8]	
Cookie	3.25
[1.1, 4, 5]	
Chocolate Squares	4.25
(Toblerone, rocky road, toffee krisp) [1.1, 2.2, 3, 4, 5, 8]	
Raspberry & White Chocolate Roulade	6.00
[GF] [4, 5, 8]	
Vegan Chocolate & Coconut Tart	6.00
[GF]	
Cheesecake of the Week	6.00
(ask team for details!)	

REFRESHMENTS

Cans	3.00
Coke/Coke Zero/Diet Coke 7up/7up Free/Club Orange	
San Pellegrino	3.00
Orange/Lemon	
All About Kombucha	4.50
Lemon & Ginger/Raspberry/Turmeric	
Wild Orchard Lemonades	3.50
Cloudy/Pink	
Wild Orchard Smoothies	3.50
Blueberry & Blackberry/Strawberry/Mango	
Wild Orchard Juices	3.50
Orange/Apple/Carrot & Apple	
Fior Uisce Water	2.00 (250ml)
Still or Sparkling	3.00 (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.

Single Espresso	2.50
Double Espresso	2.75
Americano	3.00
Cappuccino	3.50
Latte	3.50
Flat White	3.25
Mocha	3.75
Chai Latte	3.50
Hot Chocolate	3.50
Irish Breakfast Tea	2.75
Organic Hand-Stitched Tea Pillows	3.20
Camomile, Peppermint, Wild Berry, Earl Grey, Green Tea, Decaf	
Add a syrup: Vanilla/Hazelnut/Caramel	1.00

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