

# GOURMET FOOD PARLOUR

## daytime menu

### the classics

HUEVOS RANCHEROS 10.00  
Fried eggs, Hegarty's cheddar, kidney beans, salsa, sour cream, guacamole, tortilla wrap [V] [1,4,5,8]  
**Add: Chorizo [12] + 1.00 | Crumbled Clonakilty black pudding [1] + 2.00**

AMERICAN PANCAKES 9.50  
Buttermilk pancakes [V] [1,4,5]  
With your choice of: Berries & maple syrup OR Banana & Nutella [2]  
**Swap for: Streaky Irish bacon, rocket, maple syrup + 1.00**

SMASHED AVOCADO, CHILLI JAM, SOURDOUGH TOAST [VE] 7.00  
**Add: Toasted seeds [VE] + 1.50 | Herby fried button mushrooms [VE] + 2.50 | Pancetta & poached eggs [5] + 4.00**

FARMHOUSE PLATE 11.50  
Irish bacon, scrambled eggs, pork sausage, onion & chive potato cake, Clonakilty black & white pudding, tomato relish, Bretzel toast [1,4,5,10,12]

GFP FAMOUS SCRAMBLED EGGS 7.00  
Chives, Bretzel toast [V] [1,4,5,11] To funk it up, check out our **'something extra'** below


KICKSTART BREAKFAST  9.50  
Irish bacon, poached eggs, guacamole, sweet potato rosti, cherry tomatoes, Bretzel toast [1,4,5,11]

WOODLAND BREAKFAST 10.50  
Scrambled eggs, onion & chive potato cake, herby fried mushrooms, cherry tomatoes, Bretzel toast [V] [1,4,5,11]  
**Add: Smashed avocado + 2.50**

VEGAN FULL IRISH 8.00  
Vegan Clonakilty pudding, GFP beans, herby fried mushrooms, cherry tomatoes, Bretzel toast [VE] [1]

EGGS BENEDICT 10.00  
Irish bacon, poached eggs, hollandaise, toasted English muffin [1,4,5,10,11,12]  
**Swap for: Smoked salmon [6] + 1.50**

### sandwiches

SUPERFOOD WRAP  8.50  
Quinoa, butternut squash, mixed leaves, hummus, beetroot, toasted wrap [VE] [1]  
**Add: Feta + 1.00 | Chicken + 2.00**

GRILLED GOAT'S CHEESE 8.50  
Goat's cheese, sundried tomatoes, rocket, red onion marmalade, toasted ciabatta [V] [1,4,8,10,12]

FAMOUS ROAST CHICKEN 8.75  
Roast chicken, stuffing, garlic aioli, spring onion, Bretzel granary [1,4,5,8,11]

TURKEY REUBEN 8.75  
Roast turkey, Swiss cheese, vine tomatoes, mixed leaves, chipotle aioli, toasted Bretzel sourdough [1,4,5,10,12]

gluten free bread available

add a cup of soup +3.00

### allergen keys

1. Contains gluten
2. Nuts
3. Peanuts
4. Milk
5. Eggs
6. Fish
7. Shellfish/crustaceans
8. Soybeans
9. Molluscs
10. Mustard
11. Sesame seeds
12. Sulphur dioxide
13. Lupin
14. Celery
15. Varies (please ask your server)

### the main event

SPICY BUFFALO OR STICKY BOURBON WINGS 15.00  
Celery sticks, Cashel blue cheese or ranch dip, rustic fries [1,4,5,8,9,10,11,12,14]

BURGER IN A BOWL  15.00  
Irish Hereford beef burger, goat's cheese, spinach, sundried tomatoes, red onion, olives, cucumber, choice of pesto, balsamic or relish dressing [GF] [2,4,5,8,11,12] [Please allow 15 minutes]

SIGNATURE BEEF BURGER 15.50  
Irish Hereford beef burger, streaky Hickory bacon, Dubliner cheddar, lettuce, beef tomato, tomato relish, garlic aioli, brioche bun, rustic fries [1,4,5,10,12] [Please allow 15 minutes]  
**Double your beef: + 4.00**

SCAMPI & CHIPS 16.00  
Golden crumbed prawns, rustic fries, citrus salad, tartar sauce [1,7,10]

CAJUN CHICKEN QUESADILLAS 14.50  
Monterey Jack, guacamole, sour cream, salsa, rustic fries [1,4,5,8,12]

BBQ PORK QUESADILLAS 14.50  
Tobacco onions, Monterey Jack, salsa, sour cream, rustic fries [1,4,8,10,12]


STEAK SAMBO 16.00  
Sirloin steak cooked to your liking, fried egg, tobacco onions, chipotle aioli, toasted ciabatta, rustic fries [1,4,5,12]

FALAFEL PLATE 14.00  
Falafel balls, hummus, roast beets, cucumber & rocket salad, tzatziki [VE] [GF]

THREE BEAN THAI RED CURRY 13.00  
Steamed basmati rice [VE] [GF] [8,14]  
**Add: Chicken + 2.00 | Prawns [7] + 3.00**

### salads

THE FAMOUS CLONAKILTY 14.00  
Clonakilty black pudding, Irish bacon, mixed leaves, cucumber, red onion, vine tomatoes, balsamic dressing [1,8,12]

SUPERFOOD  13.00  
Quinoa, beetroot, butternut squash, pomegranate, mixed leaves, citrus dressing, toasted seeds [VE] [GF] [8]  
**Add: Chicken + 2.00 | Smoked salmon [6] + 2.00**

CHICKEN & BACON CAESAR 14.00  
Roast chicken, Irish bacon, Cos lettuce, croutons, parmesan shavings, Caesar dressing [1,4,5,6,8]

GRILLED GOAT'S CHEESE 13.00  
Beetroot, apple, toasted walnuts, rocket, aged balsamic [V] [GF] [2,4]

### upgrade your fries

Sweet potato fries + 2.00 | Waffle fries + 2.00 | Patatas bravas + 2.00

### something extra

Homemade soup, rustic bread [15]	6.00
Sweet potato rosti [1,5]	2.50
Garlic bread [1,4]	3.50
GFP beans [GF]	2.00
Smashed avocado [GF]	2.50
Pork sausages [1]	2.50
Irish bacon [GF]	2.50
Clonakilty black & white pudding [1]	2.50
Smoked salmon [GF] [6]	3.00
Rustic fries, garlic aioli [1,5]	4.00
Sweet potato fries, garlic aioli [1,4,5]	5.00
Waffle fries, chipotle aioli [1,5,10,12]	5.00

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### refreshments

Wild Orchard Juices Apple   Orange   Carrot & apple	3.50
Wild Orchard Smoothies Strawberry   Blackberry & blueberry   Mango	3.50
Lemonades Regular lemonade   Pink lemonade   Rhubarb & ginger	3.75
Kombucha Ancient Chinese naturally carbonated & refreshing beverage Pear   Ginger	4.50
Soft Drinks Coke   7UP   Club Orange   San Pellegrino Diet Coke   7UP Free   Coke Zero	2.75
Still or sparkling filtered water	1.00 pp



Daniel Davey is dedicated to providing tasty & healthy recipes combined with the latest nutritional science.

Look out for the logo, these are daveynutrition approved dishes!

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### hot cup

COFFEE	
Espresso	2.50
Americano	2.95
Flat white [4]	3.25
Cappuccino [4]	3.25
Café latte [4]	3.25
Café mocha [4]	3.25
Chai latte [4]	3.25
Hot chocolate with marshmallows [4]	3.50
Shot of vanilla, hazelnut [2] or caramel	+70
Make it a decaf	+50
Add soya [8] or almond milk [2]	+50
TEAS	
Irish breakfast tea	2.75
Java Republic Tea Pillows Peppermint   Earl grey   Green tea   Chamomile   Wild berry	2.90

### dessert corner

Gourmet cookies [1,4,5,8]	3.00
Selection of muffins [1,4,5,8]	3.50
Belgian chocolate squares [1,4,5,8] Chocolate biscuit cake   Rocky road   Malteser square   Toblerone square	4.25
Lemon meringue [1,2,4,5]	6.00
Toblerone cheesecake [1,4,5,8]	6.00
Warm berry crumble, whipped cream [1,2,4,5,15]	6.00
GLUTEN FREE OPTIONS	
Chocolate brownie [GF] [2,4,5,8]	4.75
Banana & walnut cake [GF] [2,4,5]	4.75
Carrot cake [GF] [2,4,5]	4.75
Peanut & caramel Snickers cake [GF] [2,3,4,5,8]	4.75
Raspberry roulade [GF] [4,5]	6.00
Dairy free chocolate fudge cake [GF] [5]	6.00

[GF] gluten free | [V] vegetarian | [VE] vegan

### the supporting acts

PALLAS FOODS | KEELINGS | BRETZEL BAKERY | EMILE PATISSIER  
WILD ORCHARD | LA ROUSSE | TINDAL WINES | CLASSIC DRINKS  
O'BRIENS | WRIGHTS SEAFOOD | GREENBEAN  
FOODCO | MUSGRAVES