

GOURMET FOOD PARLOUR

Gourmet To Go

salads

THE FAMOUS CLONAKILTY | Clonakilty Black Pudding, Irish Bacon, Mixed Leaves, Cucumber, Red Onion, Vine Tomatoes, Balsamic Dressing [1,8,12] **€7.50**

CHICKEN & BACON CAESAR | Roast Chicken, Irish Bacon, Cos Lettuce, Croutons, Parmesan Shavings Caesar Dressing [1,4,5,6,8] **€7.50**

CHICKEN & CHORIZO | Roast Chicken, Chorizo, Sundried Tomatoes, Rocket, Parmesan Shavings, Mango Dressing [GF] [4,8,12] **€7.50**

SUPERFOOD

Roast Chicken, Quinoa, Beetroot, Butternut Squash, Pomegranate, Mixed Leaves, Citrus Dressing [1,4,5,6,8] **€7.50**

FLAMBÉ PRAWN SALAD | Tiger Prawns, Cucumber, Grapefruit, Cashew Nuts, Mixed Baby Leaves, Sweet Ginger & Chilli Dressing [GF] [2,7,12] **€7.50**

specials

SOUP & RUSTIC BREAD | Please Ask Your Server For Soup Of The Day [15] **€4.00**

SANDWICH OF THE WEEK | Please Ask Your Server For Sandwich Of The Week [15] **€ VARIES**

PASTA OF THE WEEK | Please Ask Your Server For Pasta Of The Week [15] **€ VARIES**

SALAD OF THE WEEK | Please Ask Your Server For Salad Of The Week [15] **€ VARIES**

[V] Vegetarian [VE] Vegan

LUNCH TIME

SERVED MONDAY TO FRIDAY, 12PM - 5PM

mains

CAJUN CHICKEN QUESADILLAS | Cajun Chicken, Monterey Jack, Guacamole, Sour Cream, Salsa, Rustic Fries [1,4,5,8,12] **€11.00**

BBQ PORK QUESADILLAS | BBQ Pulled Pork, Tobacco Onions, Monterey Jack, Sour Cream, Sweet Potato Fries [1,4,8,10,12] **€11.00**

BURGER IN A BOWL

Beef Burger, Goat's Cheese, Spinach, Sundried Tomatoes, Red Onion, Olives, Cucumber, Choice Of Pesto, Balsamic OR Relish Dressing [1,4,5,8,11,12] **€10.00**

SIGNATURE BURGER | Beef Burger, Streaky Hickory Bacon, Smoked Applewood, Lettuce, Beef Tomato, Tomato Relish, Garlic Aioli, Broiche Bun, Rustic Fries [1,4,5,10,12] **€11.00**

SPICY BUFFALO OR STICKY BOURBON WINGS | Celery Sticks, Blue Cheese OR Ranch Dip, Rustic Fries [1,4,5,8,9,10,11,12,14] **€10.00**

FISH N' CHIPS | Beer Battered Cod, Mint Pea Purée, Tartar Sauce, Hand-Cut Fries [1,4,5,6,8,10] **€11.00**

THREE BEAN THAI RED CURRY | Steamed Basmati Rice [VE] [8,14] **€11.00 Add chicken €2 | Add prawns [7] €2**

sides

Garlic Bread [1,4]	3.50
Tossed Green Salad	4.00
Rustic Fries, Garlic Aioli [1,5,8]	4.00
Sweet Potato Fries, Garlic Aioli [1,5,8]	5.00
Waffle Fries, Chipotle Mayo [1,5,8]	5.00
Patatas Bravas, Salsa, Garlic Aioli [1,5,8]	5.50

sandwiches

SMOKED CHEDDAR | Irish Smoked Cheddar, Vine Tomatoes, Red Peppers, Basil Pesto, Aioli, Toasted Ciabatta [V] [1,2,4,5] **€5.85**
Add Roast Turkey €1.00

TRADITIONAL TUNA | Tuna, Dubliner Cheese, Vine Tomato, Red Onion, Aioli, Toasted Ciabatta [1,4,5,6] **€5.85**

CAJUN CHICKEN | Cajun Chicken, Cheddar, Red Onion, Rocket, Tomato, Toasted Wrap [1,4,5,8,10] **€5.85**

GRILLED GOAT'S CHEESE | Goat's Cheese, Sundried Tomatoes, Rocket, Red Onion, Red Onion Marmalade, Toasted Ciabatta [V] [1,4,8,10,12] **€5.85**

FAMOUS ROAST CHICKEN | Roast Chicken, Stuffing, Garlic Aioli, Spring Onion, Bretzel Granary [1,4,5,8,11] **€5.85**

GUILT FREE WRAP | Roast Chicken, Rocket, Vine Tomato, Red Onion, Red Pepper Relish, Tortilla Wrap [1,8,10,12] **€5.85**

TURKEY REUBEN | Roast Turkey, Swiss Cheese, Vine Tomatoes, Mixed Leaves, Chipotle Aioli, Toasted Bretzel Sourdough [1,4,5,10,12] **€5.85**

GFP CLUB | Roast Chicken, Irish Ham, Vine Tomatoes, Lettuce, Red Onion Marmalade, Garlic Aioli, Toasted Bretzel Sourdough, Red Cabbage Slaw [1,4,5,8,10,11,12] **€5.85**

IRISH HAM N' CHEESE | Baked Ham, Porter Cheddar, Mixed Leaves, Wholegrain Mustard Aioli, Toasted Bretzel Sourdough, Red Cabbage Slaw [1,4,5,8,10] **€5.85**

VEGAN WRAP | Couscous, Hummus, Rocket, Roasted Red Peppers, Toasted Wrap [VE] [1,8,11,12] **€5.85**

allergen keys

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BREAKFAST TIME

SERVED MONDAY TO FRIDAY, 8AM - 12 PM

SPICY BAKED EGGS |

Spicy Baked Eggs With Pulled Pork,
Spinach, Tomatoes & Peppers,
Served With Brown Sourdough [1,5,8,10,14] **€9.00**

GFP FAMOUS SCRAMBLED EGGS | Scrambled Eggs,
Chives, Bretzel Toast [V] [1,4,5,11] **€6.00**

WOODLAND BREAKFAST | Scrambled Eggs,
Onion & Chive Potato Cake, Pan-Fried Mushrooms,
Cherry Tomatoes, Bretzel Toast [V] [1,4,5,11] **€7.00**

EGGS BENEDICT | Irish Bacon OR Jamon Serrano,
Poached Eggs, Hollandaise, Toasted English Muffin
[1,4,5,8,10,11,12] **€8.00**

Swap for smoked salmon [6] €1.00

PROTEIN EGG WHITE OMELETTE |

Grilled Chicken, Goat's Cheese, Scallions,
Egg Whites [4,5] **€7.00**

POACHED EGGS & PANCETTA | Poached Eggs, Pancetta,
Smashed Avocado, Chilli Jam, Bretzel Toast
[1,4,5,12] **€8.00**

KICKSTART BREAKFAST |

Irish Bacon, Poached Eggs, Guacamole,
Cherry Tomatoes, Bretzel Toast [1,4,5,8,11] **€6.00**

PROTEIN START |

Baked Ham, Scrambled Eggs, Feta, Cherry Tomatoes,
Sweet Potato Rosti [1,4,5,8] **€7.00**

Swap for smoked salmon [6] €1.00

BREAKFAST CIABATTA | Irish Bacon, Pork Sausage,
Tomato Relish, Toasted Ciabatta [1,8,10,12] **€5.00**

GOURMET GRANOLA | Granola, Lemon Yoghurt, Berries,
Honey [V] [1,2,4,11] **€6.00**

AMERICAN PANCAKES | Buttermilk Pancakes
With Your Choice Of

Streaky Irish Bacon, Rocket, Maple Syrup OR
Bananas, Strawberries, Maple Syrup [V] [1,4,5,8] **€7.00**

HUEVOS RANCHEROS | Fried Eggs, Hegarty's Cheddar,
Kidney Beans, Salsa, Sour Cream, Guacamole,
Tortilla Wrap [V] [1,4,5,8] **€8.00**

Add chorizo €1.00

FARMHOUSE PLATE | Irish Bacon, Scrambled Eggs, Pork
Sausages, Onion & Chive Potato Cake,
Clonakilty Black & White Pudding, Tomato Relish,
Bretzel Toast [1,4,5,8,10,12] **€9.00**

BUTTERMILK CHICKEN BENEDICT | Buttermilk Fried
Chicken, Poached Eggs, Hollandaise, Onion Chutney,
Tosted English Muffin [1,4,5,8,10] **€9.00**

BREAKFAST WRAP | Irish Bacon, Scrambled Eggs,
Tomato Relish, Toasted Wrap [1,4,5,8,10] **€5.00**

sides

Rustic Fries, Garlic Aioli [1,5,8]	4.00
Crispy Cajun Patatas [1,8]	4.00
Sweet Potato Fries, Garlic Aioli [1,4,5,8]	5.00
Waffle Fries, Chipotle Mayo [1,5,8,10,12]	5.00
Berry & Mint Salad	6.00

tea & coffee

	12 oz	16oz
AMERICANO	2.70	3.30
CAFÉ LATTE [4]	3.00	3.50
CAPPUCCINO [4]	3.00	3.50
FLAT WHITE [4]	3.00	3.50
CAFÉ MOCHA [4]	3.00	3.50
HOT CHOCOLATE [4]	4.25	4.75
HERBAL TEA	2.50	
ESPRESSO	2.25	
TEA	2.50	

refreshments

WATER	2.00
SMOOTHIES	3.00
LEMONADES	3.50
SOFT DRINKS	2.50

desserts

SCONES / PASTRIES **€2.50**

GOURMET COOKIES [1,4,5,8] **€2.75**

SELECTION OF MUFFINS [1,4,5,8] **€3.50**

BELGIAN CHOCOLATE SQUARES [1,4,5,8] **€3.25**

Chocolate Biscuit Cake | Rocky Road | Malteaser Square | Toblerone Square

LEMON MERINGUE [1,2,4,5] **€3.25**

TOBLERONE CHEESECAKE [1,4,5,8] **€3.25**

CHOCOLATE FUDGE CAKE [1,4,5,8] **€3.25**

MALTEASER CAKE [1,4,5,8] **€3.25**

SALTED CARAMEL CAKE [1,4,5,8] **€3.25**

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