

## DAYTIME

### salads

THE FAMOUS CLONAKILTY 8.50  
Clonakilty black pudding, Irish bacon, mixed leaves, cucumber, red onion, vine tomatoes, balsamic dressing [1,8,12]

CHICKEN & BACON CAESAR 8.50  
Roast chicken, Irish bacon, Cos lettuce, croutons, parmesan shavings, Caesar dressing [1,4,5,6,8]

SUPERFOOD 8.00  
Quinoa, beetroot, butternut squash, pomegranate, mixed leaves, citrus dressing, toasted seeds [VE] [GF] [8]

**Add: Chicken + 2.00 | Smoked salmon [6] + 2.00**

GRILLED GOAT'S CHEESE 7.50  
Beetroot, apple, toasted walnuts, rocket, aged balsamic [V] [GF] [2,4]

### mains

CAJUN CHICKEN QUESADILLAS 11.00  
Monterey Jack, guacamole, sour cream, salsa, rustic fries [1,4,5,8,12]

BBQ PORK QUESADILLAS 11.00  
Tobacco onions, Monterey Jack, salsa, sour cream, rustic fries [1,4,8,10,12]

BURGER IN A BOWL 10.00  
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 11.00  
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**

SPICY BUFFALO OR STICKY BOURBON WINGS 11.00  
Celery sticks, Cashel blue cheese or ranch dip, rustic fries [1,4,5,8,9,10,11,12,14]

SCAMPI & CHIPS 11.00  
Golden crumbed prawns, rustic fries, citrus salad, tartar sauce [1,7,10]

THREE BEAN THAI RED CURRY 11.00  
Steamed basmati rice [VE] [GF] [8,14]  
**Add: Chicken + 2.00 | Prawns [7] + 3.00**

### specials

PLEASE ASK YOUR SERVER [15]

SOUP OF THE DAY 4.00

SANDWICH OF THE WEEK 6.00

PASTA OF THE WEEK 12.00

SALAD OF THE WEEK 12.00

# GOURMET FOOD PARLOUR

## TAKE-AWAY MENU

To order, call us on 01-8957565

### sandwiches

SUPERFOOD WRAP 5.85  
Quinoa, butternut squash, mixed leaves, hummus, beetroot, toasted wrap [VE] [1]

**Add: Feta + 1.00 | Chicken + 2.00**

GRILLED GOAT'S CHEESE 5.85  
Goat's cheese, sundried tomatoes, rocket, red onion marmalade, toasted ciabatta [V] [1,4,8,10,12]

FAMOUS ROAST CHICKEN 6.00  
Roast chicken, stuffing, garlic aioli, spring onion, Soho granary [1,4,5,8,11]

TURKEY REUBEN 6.00  
Roast turkey, Swiss cheese, vine tomatoes, mixed leaves, chipotle aioli, toasted Soho sourdough [1,4,5,10,12]

add soup to your sandwich + 3.00

### sides

Garlic bread [1,4] 3.50

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

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

### 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)

## DAYTIME

### the classics

AMERICAN PANCAKES 8.50

Buttermilk pancakes [V] [1,4,5]

With your choice of: Berries & maple syrup | Banana & Nutella [2]

**Add: Streaky Irish bacon, rocket, maple syrup + 1.00**

SMASHED AVOCADO, CHILLI JAM, SOURDOUGH TOAST [VE] 6.00

**Add: Toasted seeds [VE] + 1.00 | Herby fried button mushrooms [VE] + 1.50**

**Pancetta & poached eggs [5] + 3.00**

FARMHOUSE PLATE 10.00

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

GFP FAMOUS SCRAMBLED EGGS 6.00

Chives, Soho toast [V] [1,4,5,11]

To funk it up, check out our **'something extra'** below

KICKSTART BREAKFAST 8.50

Irish bacon, poached eggs, guacamole, sweet potato rosti, cherry tomatoes,  
Soho toast [1,4,5,11]

WOODLAND BREAKFAST 8.50

Scrambled eggs, onion & chive potato cake, herby fried mushrooms,  
cherry tomatoes, Soho toast [V] [1,4,5,11]

**Add: smashed avocado + 2.50**

VEGAN FULL IRISH 7.00

Vegan Clonakilty pudding, GFP beans, herby fried mushrooms, cherry  
tomatoes, Soho toast [VE] [1]

### something extra

Sweet potato rosti [1,5] 2.50

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

# GOURMET FOOD PARLOUR

## TAKE-AWAY MENU

To order, call us on 01-8957565

## TO ORDER

Please call us on 091-393330

or email [reservations@gourmetfoodparlour.com](mailto:reservations@gourmetfoodparlour.com)

## drinks

COFFEE	REG	LRG
Espresso	2.25	2.50
Americano	2.70	3.00
Flat white [4]	3.00	3.30
Cappuccino [4]	3.00	3.30
Café latte [4]	3.00	3.30
Café mocha [4]	3.00	3.30
Chai latte [4]	3.00	3.30
Hot chocolate with marshmallows [4]	3.25	3.50

## TEAS

Irish breakfast tea		2.50
Java Republic Tea Pillows		2.50
Peppermint   Earl grey   Green tea   Chamomile   Wild berry		

## REFRESHMENTS

Water		2.00
Smoothies		3.00
Lemonades		3.50
Soft drinks		2.75

## desserts

Scones / pastries		2.75
Gourmet cookies [1,4,5,8]		2.75
Selection of muffins [1,4,5,8]		3.25
Belgian chocolate squares [1,4,5,8]		4.00
Lemon meringue [1,2,4,5]		5.50
Toblerone cheesecake [1,4,5,8]		5.50

## GLUTEN FREE OPTIONS

Chocolate brownie [GF] [2,4,5,8]		4.25
Banana & walnut cake [GF] [2,4,5]		4.25
Carrot cake [GF] [2,4,5]		4.25
Peanut & caramel Snickers cake [GF] [2,3,4,5,8]		4.25
Raspberry roulade [GF] [4,5]		5.50
Dairy free chocolate fudge cake [GF] [5]		5.50

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