

salads

THE FAMOUS CLONAKILTY	7.50
Clonakilty black pudding, Irish bacon, mixed leaves, cucumber, red onion, vine tomatoes, balsamic dressing [1,8,12]	
CHICKEN & BACON CAESAR	7.50
Roast chicken, Irish bacon, Cos lettuce, croutons, parmesan shavings, Caesar dressing [1,4,5,6,8]	
SUPERFOOD 	7.50
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 QUESADILLA	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]	
SPICY BUFFALO OR STICKY BOURBON WINGS	10.00
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	

sides

GARLIC BREAD [1,4]	3.50
RUSTIC FRIES, GARLIC AIOLI [1,5,8]	3.00
SWEET POTATO FRIES, GARLIC AIOLI [1,5,8]	4.50
WAFFLE FRIES, CHIPOTLE MAYO [1,5,8]	4.50
PATATAS BRAVAS, SALSA, GARLIC AIOLI [1,5,8]	5.00

specials

SOUP & RUSTIC BREAD	4.00
Please Ask Your Server For Soup Of The Day [15]	
SANDWICH OF THE WEEK	VARIABLES
Please Ask Your Server For Sandwich Of The Week [15]	
PASTA OF THE WEEK	VARIABLES
Please Ask Your Server For Pasta Of The Week [15]	
SALAD OF THE WEEK	VARIABLES
Please Ask Your Server For Salad Of The Week [15]	

GOURMET FOOD PARLOUR

GOURMET TO GO | LUNCH TIME
SERVED MONDAY TO FRIDAY, 12PM - 5PM

sandwiches

SUPERFOOD WRAP 	5.85
Quinoa, butternut squash, mixed leaves, hummus, beetroot, toasted wrap [VE] [1] Add: Feta + 1.00 Chicken + 2.00	
TRADITIONAL TUNA	5.85
Tuna, Dubliner cheddar, vine tomato, red onion, aioli, toasted ciabatta [1,4,5,6]	
CAJUN CHICKEN WRAP	5.85
Cajun chicken, Dubliner cheddar, red onion, rocket, tomato, toasted wrap [1,4,5,8,10]	
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	5.85
Roast chicken, stuffing, garlic aioli, spring onion, Bretzel granary [1,4,5,8,11]	
TURKEY REUBEN	5.85
Roast turkey, Swiss cheese, vine tomatoes, mixed leaves, chipotle aioli, toasted Bretzel sourdough [1,4,5,10,12]	
GFP CLUB	5.85
Roast chicken, Irish ham, vine tomatoes, lettuce, red onion marmalade, garlic aioli, soft floured roll [1,4,5,8,10,11,12]	
GFP HAM & CHEESE	5.85
Irish ham, Dubliner cheddar, Dijon aioli, red onion, rocket, toasted Bretzel sourdough [1,4,10,11]	

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FoodFlicker is dedicated to providing tasty
& nutritious recipes combined with the
latest nutrition & performance science.

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

BREAKFAST CIABATTA	5.00
Irish bacon, pork sausage, tomato relish, toasted ciabatta [1,10,12] Add: fried or scrambled egg [4,5] + 1.00	
BREAKFAST WRAP	5.00
Irish bacon, scrambled eggs, tomato relish, toasted wrap [1,4,5,10]	
FLAHAVAN'S PORRIDGE [GF] [4]	4.00
Almond milk available [VE] Add: Coconut, banana & dark chocolate chips + 2.00 Berries & honey + 2.00 Toasted nuts & seeds + 2.00	
HUEVOS RANCHEROS	8.00
Fried eggs, Hegarty's cheddar, kidney beans, salsa, sour cream, guacamole, tortilla wrap [V] [1,4,5] Add: Chorizo [12] + 1.00 Crumbled Clonakilty black pudding [1] + 2.00	
AMERICAN PANCAKES	7.00
Buttermilk pancakes [V] [1,4,5] With your choice of: Streaky Irish bacon, rocket, maple syrup Berries & maple syrup Banana & Nutella [2]	
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	9.00
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	6.00
Chives, Bretzel toast [V] [1,4,5,11]	
KICKSTART BREAKFAST	6.00
Irish bacon, poached eggs, guacamole, sweet potato rosti, cherry tomatoes, Bretzel toast [1,4,5,11]	
WOODLAND BREAKFAST	7.00
Scrambled eggs, onion & chive potato cake, herby fried mushrooms, cherry tomatoes, Bretzel toast [V] [1,4,5,11]	
VEGAN FULL IRISH	6.50
GFP beans, herby fried mushrooms, cherry tomatoes, Bretzel toast [VE] [1]	
EGGS BENEDICT	8.00
Irish bacon, poached eggs, hollandaise, toasted English muffin [1,4,5,10,11,12] Swap for: Smoked salmon [6] + 1.50	
THREE EGG OMLETTE	7.50
Ham, Dubliner cheddar, & onion [GF] [4,5]	

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)

GOURMET FOOD PARLOUR

GOURMET TO GO | BREAKFAST TIME

SERVED MONDAY TO FRIDAY, 8PM - 12PM

drinks

COFFEE

Espresso	2.25
Americano	2.70
Flat white [4]	3.00
Cappuccino [4]	3.00
Café latte [4]	3.00
Café mocha [4]	3.00
Chai latte [4]	3.00
Hot chocolate with marshmallows [4]	4.25

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	2.50
Gourmet cookies [1,4,5,8]	2.75
Selection of muffins [1,4,5,8]	3.25
Belgian chocolate squares [1,4,5,8]	3.25
Lemon meringue [1,2,4,5]	3.25
Toblerone cheesecake [1,4,5,8]	3.25
Salted caramel cake [1,4,5,8]	3.25

GLUTEN FREE OPTIONS

Chocolate brownie [GF] [2,4,5,8]	3.25
Banana & walnut cake [GF] [2,4,5]	3.25
Carrot cake [GF] [2,4,5]	3.25
Peanut & caramel Snickers cake [GF] [2,3,4,5,8]	3.25
Raspberry roulade [GF] [4,5]	3.25
Dairy free chocolate fudge cake [GF] [5]	3.25

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

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