B R E A K F A S T   M E N U

**BREAKFAST CIABATTA**  7.00
Irish bacon, pork sausage, tomato relish, toasted ciabatta [1(10,12)]
Add fried or scrambled egg [4,5] + 1.00

**BREAKFAST WRAP**  7.00
Irish bacon, scrambled eggs, tomato relish, toasted wrap [1,4,5,10]

**FLAHAVAN’S PORRIDGE [GF] [4]**  5.00
Almond milk available [VE]
Add Coconut, banana & dark chocolate chips + 2.00 | Berries & honey + 2.00
Toasted nuts & seeds + 2.00

**HUEVOS RANCHEROS**  9.00
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**  9.50
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]**  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]

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

**WOODLAND BREAKFAST**  9.50
Scrambled eggs, onion & chive potato cake, herby fried mushrooms, cherry tomatoes, Bretzel toast [V] [1,4,5,11]

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

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

**THREE EGG OMLETTE**  11.00
Ham, Dubliner cheddar, & onion [CF] [4,5]

**WE USE HEINZ SERIOUSLY GOOD MAYONNAISE!**

**SOMETHING EXTRA**

GFP beans [GF]  2.00
Smashed avocado [CF]  2.50
Sweet potato rosti [1,5]  2.50
Pork sausages [1]  2.50
Irish bacon [GF]  2.50
Clonakilty black & white pudding [1]  2.50
Smoked salmon [CF] [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

**FOODFLICKER SYMBOL**

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!

**GLUTEN FREE BREAD AVAILABLE**

**ALLERGEN KEYS**


**IF YOU HAVE AN ALLERGY, PLEASE TALK TO A MEMBER OF OUR TEAM AS OUR FOOD IS MADE TO ORDER AND WE WILL DO OURBEST TO ACCOMMODATE YOU.**
GOURMET
Food Parlour
breakfast menu

hot cup

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] 3.50
Shot of vanilla, hazelnut [2] or caramel +.70
Make it a decaf +.50

TEAS

Irish breakfast tea 2.50
Java Republic Tea Pillows 2.75
Peppermint | Earl grey | Green tea | Chamomile | Wild berry

refreshments

Wild Orchard Juices 3.50
Apple | Orange | Carrot & apple
Wild Orchard Smoothies 3.50
Strawberry | Blackberry & blueberry | Mango
Lemonades 3.75
Regular lemonades | H infused lemonade | Rhubarb & ginger
Kombucha 4.50
Ancient Chinese naturally carbonated & refreshing beverage
Pear | Ginger
Soft Drinks 2.75
Coke | 7UP | Club Orange | San Pellegrino
Diet Coke | 7UP Free | Coke Zero 2.50
Still or sparkling filtered water 1.00

dessert corner

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 | fudgy truffle | Malteser square | Toblerone square
Lemon meringue [1,4,5] 5.50
Toblerone cheesecake [1,4,5,8] 5.50
Salted caramel cake [1,4,5,8] 5.90

GLUTEN FREE OPTIONS

Chocolate brownie [GF] [1,4,5,8] 4.00
Banana & walnut cake [GF] [1,4,5] 4.00
Carrot cake [GF] [2,4,5] 4.00
Peanut & caramel Snickers cake [GF] [1,2,4,5,8] 4.00
Raspberry roulade [GF] [4,5] 5.50
Dairy free chocolate fudge cake [GF] 5.50

breakfast menu

Pantone 634, Solid Uncoated
Pantone 7707, Solid Coated

w e   u s e   H e i n z   s e r i o u s l y   g o o d   m a y o n n a i s e!

[GF]   g l u t e n   f r e e      |      [V]   v e g e t a r i a n      |      [VE]   v e g a n

i f   y o u   h a v e   a n   a l l e r g y ,   p l e a s e   s p e a k   t o   a   m e m b e r   o f   o u r   t e a m   ... o d   i s   m a d e   t o   o r d e r   a n d   w e   w i l l   d o   o u r   b e s t   t o   a c c o m o t a t e   y o u

allergen keys


the supporting acts

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

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

foodflicker symbol

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!