

# GOURMET FOOD PARLOUR

## breakfast menu

BREAKFAST CIABATTA	7.00	WOODLAND BREAKFAST	9.50
Irish bacon, pork sausage, tomato relish, toasted ciabatta [1,10,12] Add: fried or scrambled egg [4,5] + 1.00		Scrambled eggs, onion & chive potato cake, herby fried mushrooms, cherry tomatoes, Bretzel toast [V] [1,4,5,11]	
BREAKFAST WRAP	7.00	VEGAN FULL IRISH	8.00
Irish bacon, scrambled eggs, tomato relish, toasted wrap [1,4,5,10]		GFP beans, herby fried mushrooms, cherry tomatoes, Bretzel toast [VE] [1]	
FLAHAVAN'S PORRIDGE [GF] [4]	5.00	EGGS BENEDICT	10.00
Almond milk available [VE] Add: Coconut, banana & dark chocolate chips + 2.00   Berries & honey + 2.00 Toasted nuts & seeds + 2.00		Irish bacon, poached eggs, hollandaise, toasted English muffin [1,4,5,10,11,12] Swap for: Smoked salmon [6] + 1.50	
HUEVOS RANCHEROS	10.00	THREE EGG OMLETTE	11.00
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		Ham, Dubliner cheddar, & onion [GF] [4,5]	
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]			

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

we use Heinz

seriously good mayonnaise!

### something extra

GFP beans [GF]	2.00
Smashed avocado [GF]	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 [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

### 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

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)

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### 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
Add soya [8] or almond milk [2]	+ .50

#### TEAS

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

### 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	2.50
	1.00

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### 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] Chocolate biscuit cake   Rocky road   Malteser square   Toblerone square	3.25
Lemon meringue [1,2,4,5]	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] [2,4,5,8]	4.00
Banana & walnut cake [GF] [2,4,5]	4.00
Carrot cake [GF] [2,4,5]	4.00
Peanut & caramel Snickers cake [GF] [2,3,4,5,8]	4.00
Raspberry roulade [GF] [4,5]	5.50
Dairy free chocolate fudge cake [GF]	5.50

### 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

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