


GOURMET FOOD PARLOUR

lunch menu

sandwiches

SUPERFOOD WRAP  8.50
Quinoa, butternut squash, mixed leaves, hummus, beetroot,
toasted wrap [VE] [1]
Add: Feta + 1.00 | Chicken + 2.00

TRADITIONAL TUNA 8.50
Tuna, Dubliner cheddar, vine tomato, red onion, aioli,
toasted ciabatta [1,4,5,6]

CAJUN CHICKEN WRAP 8.50
Cajun chicken, Dubliner cheddar, red onion, rocket, tomato,
toasted wrap [1,4,5,8,10]

GRILLED GOAT'S CHEESE 8.50
Goat's cheese, sundried tomatoes, rocket, red onion marmalade,
toasted ciabatta [V] [1,4,8,10,12]

FAMOUS ROAST CHICKEN 8.50
Roast chicken, stuffing, garlic aioli, spring onion, Bretzel granary [1,4,5,8,11]

TURKEY REUBEN 8.50
Roast turkey, Swiss cheese, vine tomatoes, mixed leaves, chipotle aioli,
toasted Bretzel sourdough [1,4,5,10,12]

GFP CLUB 8.50
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 8.50
Irish ham, Dubliner cheddar, Dijon aioli, red onion, rocket,
toasted Bretzel sourdough [1,4,10,11]

ADD A CUP OF SOUP [15] 3.00

we use Heinz seriously good mayonnaise!

salads

THE FAMOUS CLONAKILTY 13.00
Clonakilty black pudding, Irish bacon, mixed leaves, cucumber, red onion,
vine tomatoes, balsamic dressing [1,8,12]

SUPERFOOD  12.00
Quinoa, beetroot, butternut squash, pomegranate, mixed leaves,
citrus dressing, toasted seeds [VE] [GF] [8]
Add: Chicken + 2.00 | Smoked salmon [6] + 2.00


CHICKEN & BACON CAESAR 13.00
Roast chicken, Irish bacon, Cos lettuce, croutons, parmesan shavings,
Caesar dressing [1,4,5,6,8]

GRILLED GOAT'S CHEESE 13.00
Beetroot, apple, toasted walnuts, rocket, aged balsamic [V] [GF] [2,4]

gluten free bread available

the main event

SPICY BUFFALO OR STICKY BOURBON WINGS 14.00
Celery sticks, Cashel blue cheese or ranch dip, rustic fries
[1,4,5,8,9,10,11,12,14]

BURGER IN A BOWL  14.50
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 14.50
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]

SCAMPI & CHIPS 16.00
Golden crumbed prawns, rustic fries, citrus salad, tartar sauce [1,7,10]

PARLOUR PASTA PLATE VARIES
Please ask your server [15]

CAJUN CHICKEN QUESADILLAS 14.50
Monterey Jack, guacamole, sour cream, salsa, rustic fries [1,4,5,8,12]

BBQ PORK QUESADILLAS 14.50
Tobacco onions, Monterey Jack, salsa, sour cream,
rustic fries [1,4,8,10,12]

STEAK SAMBO 16.00
Sirloin steak cooked to your liking, fried egg, tobacco onions,
chipotle aioli, toasted ciabatta, rustic fries [1,4,5,12]

FALAFEL PLATE 14.00
Falafel balls, hummus, roast beets, cucumber & rocket salad,
tzatziki [VE] [GF]

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

upgrade your fries

Sweet potato fries + 1.00 | Waffle fries + 2.00 | Patatas bravas + 2.00

something extra

Homemade soup, rustic bread [15] 6.00

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

Patatas bravas, salsa, garlic aioli [1,5,8] 5.50

if you have an allergy, please speak to a member of our team as our food is made to order and we will do our best to accomodate you

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lunch menu

prosecco

PROSECCO	GLASS	BOTTLE
Massottina, Prosecco Frizzante	8.00	32.00
BELLINI	9.00	
KIR ROYALE	9.00	
MIMOSA	9.00	

wines

WHITE	GLASS	BOTTLE
El Muro, Macabeo	6.00	23.00
Il Bucco, Pinot Grigio	7.00	27.00
Butterfly Ridge, Riesling	7.50	28.00
Rabbit Island, Sauvignon Blanc	8.00	32.00
RED		
El Muro, Tempranillo Garnacha	6.00	23.00
Butterfly Ridge, Shiraz Cabernet	6.50	26.00
Butchers Block, Malbec	7.00	27.00
Doppio Passo, Primitivo	7.50	28.00
ROSÉ		
Caves de l'Angevine Rosé d'Anjou	7.50	28.00

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 2.50
Still or sparkling filtered water	1.00

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!

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	+7.0
Make it a decaf	+5.0
Add soya [8] or almond milk [2]	+5.0

TEAS

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

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 Malteaser 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]	5.50

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

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

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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