



Gourmet Food Parlour

BRUNCH MENU

SPANISH TAPAS SERVED HERE EVERY
FRIDAY FROM 7PM

BRUNCH MENU SERVED
SATURDAY & SUNDAY
9AM - 6PM

EXTRAORDINARY EGGS

BREAKFAST BURRITO	7.00
Creamy scrambled eggs, Irish bacon, tomato salsa & guacamole, toasted wrap	
EGGS BENEDICT	9.00
Irish bacon or Jamon Serrano, poached eggs, Hollandaise sauce, toasted English muffin	
EGGS FLORENTINE	9.00
Poached egg & spinach, toasted English muffin, Hollandaise sauce [v]	
EGGS ROYALE	10.00
Irish smoked salmon, poached eggs, Hollandaise sauce, toasted English muffin	
MEDITERRANEAN OMELETTE 	11.00
Greek feta, sun-dried tomato, red onion, fresh basil, sweet potato rosti [v]	

- KEELINGS FREE RANGE EGGS -

BOOST BREAKFASTS

KICKSTART BREAKFAST 	8.50
Irish Bacon, poached eggs, roast cherry tomato, guacamole, wholemeal toast	
SUPERSTART BREAKFAST	8.00
Poached or scrambled egg, oatcakes, hummus, guacamole, sun-dried tomato [v]	
PROTEIN START 	8.50
Scrambled egg, Greek feta & tomato, sweet potato rosti [v]	
WOODLAND BREAKFAST	8.50
Scrambled eggs, onion & chive potato cake, pan-fried mushrooms, roast cherry tomatoes, Bretzel granary toast [v]	
AMERICAN PANCAKES	9.00
Buttermilk pancakes with your choice of Bananas, strawberries & maple syrup [v] or Streaky bacon, rocket, maple syrup	

FOOD FLICKER APPROVED

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

Food Flicker founder Daniel Davey is a key advisor in designing healthy dishes @ GFP.

Look out for the logo, these are Food Flicker approved dishes.

FARMHOUSE PLATIE

Bacon, pork sausage, Clonakilty black & white pudding, creamy scrambled egg, onion & chive potato cake, tomato relish, toast
10.00

BURGER IN A BOWL

CHEF'S burger with soft goat's cheese, spinach, sun-dried tomato, red onion, served with Greek salad
Choose your dressing
Pesto | Balsamic | Relish
12.00

STEAK SAMBO

6OZ SIRLOIN STEAK [cooked to your liking] on focaccia bread, chef's smoky relish, fried egg, hand-cut fries
13.00

HUEVOS RANCHEROS

Fried eggs, Hegarty's cheddar, refried beans, chorizo, salsa, sour cream, guacamole, tortilla wrap
10.00

CHARCUTERIE BOARD, GLASS OF HOUSE WINE

18.00

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SANDWICHES

SMOKED CHEDDAR	7.00
Irish smoked cheddar, tomato, basil pesto, roast red peppers, mayo, toasted ciabatta [v]	
Add turkey	1.00
OLDHOUSE NEW	7.50
Baked ham, homemade egg mayonnaise, vine tomato, spring onion, toasted Bretzel granary	

FAMOUS ROAST CHICKEN	7.50
Roast chicken, stuffing, aioli, spring onion Bretzel granary	

SALADS

CHICKEN & CHORIZO	10.00
Grilled fillet of chicken, baked chorizo, sun-dried tomato, rocket, parmesan shavings, mango dressing [c]	
SUPERFOOD 	10.00
Quinoa, butternut squash, beetroot, pomegranate seeds, mixed leaves, citrus dressing [v] [c]	
Add salmon or chicken for extra protein	2.00

FAVOURITES

CHICKEN QUESADILLAS	12.00
Cajun chicken quesadillas, melted Monterey Jack cheese, dips, rustic fries	
CHEF'S GOURMET BURGER	Varies
[Please ask your server]	
FIOCCHI PASTA	12.00
Pear & four cheese fiocchi pasta, creamy garlic white wine sauce [v]	
Add chicken or chorizo	2.00
BUFFALO WINGS	11.00
Spicy chicken wings, celery sticks, chef's blue cheese dipping sauce, rustic fries	
Starter portion spicy chicken wings	8.00
[fries not included]	

SIDES

Rustic fries	3.50
Patatas bravas, aioli	5.50
Sweet potato fries, aioli	5.00
Garden salad	5.00
Homemade soup, rustic bread	5.00
Chef's weekly unique side [please ask your server]	5.50

FULL LIST OF MENU RELATED ALLERGENS AVAILABLE, PLEASE ASK YOUR SERVER | [C] COELIAC FRIENDLY | [V] VEGETARIAN

GOURMET DESSERT IS A MUST..SEE OUR DELICIOUS DESSERT COUNTER & OUR LIST OF GOURMET COFFEES & TEAS.
WE ALSO OFFER A CHOICE OF SPECIALITY HOMEMADE GLUTEN FREE DESSERTS.

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COCKTAILS

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Mango Bellini

Prosecco, mango purée & lime
€8

Elderbubble

Prosecco, elderflower cordial, raspberries & fresh mint
€8

Massottina Prosecco Frizzante

Sparkling with apple & pear flavours
€7 gls €28.00 btl

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