## GOURMET FOOD PARLOUR

# Takeaway Menu

#### **BREAKFAST**

(Available Monday-Sunday until 5pm)

#### Farmhouse Plate - Full Irish: €10.00

Irish bacon, scrambled eggs, pork sausage, onion & chive potato cake, Clonakilty black & white pudding, tomato relish, granary toast [1, 4, 5, 10, 12]

#### Woodland Breakfast: €9.00

Scrambled eggs, onion & chive potato cake, herby fried mushrooms, cherry tomatoes, granary toast [V] [1, 4, 5, 11]

## Scrambled Eggs & Toast: €6.00

Creamy scrambled eggs, chives, granary toast [V] [1, 4, 5, 11]

Add Chorizo +€1

### Eggs Benedict: €9.00

Irish bacon, poached eggs, hollandaise, toasted English muffin [1,4,5,10,11,12]

## Irish Bacon, Poached Eggs & Smashed Avocado: €9.00

Chilli jam, Bretzel sourdough toast [1,5]

## Breakfast Wrap: €5.85

Irish bacon, scrambled eggs, tomato relish, toasted wrap [1, 4, 5, 10,] Add Clonakilty black or white pudding +€1

#### Breakfast Ciabatta: €5.85

Irish bacon, pork sausage, tomato relish, toasted ciabatta [1, 10, 12] Add scrambled egg +€2

#### **Buttermilk Pancakes:**

Option 1: Bacon, rocket & maple syrup [1,4,5,8] €8.50

**Option 2:** Kinder Bueno sauce, Bueno pieces, white & milk chocolate pieces, sliced strawberries [1,2,4,5,8] €9.50

## Vegan Big Breakfast: €8.50

Vegan Clonakilty pudding, sausages, GFP beans, herby fried mushrooms, cherry tomatoes, granary toast [VE] [1]

## Vegan Sausage Sambo: €5.85

Toasted ciabatta, tomato salsa [VE] [1]

## **STARTERS**

#### Country Vegetable Soup: €4.00

Rustic bread [1, 4, 5, 15]

## Mini Duck & Hoisin Spring Rolls: €6.00

Sweet Chilli Sauce [1,2,3,4,5,8,10,11,12]

## Salt & Pepper Squid: €6.00

Chipotle aioli [1, 4, 5, 7, 8]

## Garlic & Chilli Sauteed Prawns: €8

Rustic bread [1,7]

### GFP Chicken Wings: €8.00

Louisiana or Sticky Bourbon, chipotle aioli or blue cheese dip [1, 4, 5, 8, 9, 10, 11, 12, 14]

## **Boneless Chicken Bites: €6.00**

Plain/Louisiana/BBQ, Chipotle aioli or Blue cheese [1, 4, 5, 8]



#### MAINS

(Upgrade your fries for €2)

#### Pan Roast Chicken Supreme: €15

Creamy garlic mash potato, crumbled Clonakilty black pudding, steamed tender stem broccoli, prosecco cream

[1,4,8,12]

#### GFP Chicken Wings: €12.00

Louisiana or Sticky Bourbon, celery sticks, chipotle aioli or cashel blue cheese dip, rustic fries [1, 4, 5, 8, 9, 10, 11, 12, 14]

#### Pan Fried Salmon: €15

Steamed tender stem broccoli, creamy mash potato, citrus cream [4,6,8,12,14]

## Cajun Chicken Quesadillas: €12.00

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

## Hereford Beef Burger: €12.00

Cheese, red onion, lettuce, tomato, relish & aioli, fries [1, 4, 5, 10, 12] Add bacon €1.50

### Lime & Chili Beef Enchiladas: €14

Topped with rich tomato marinara and Monterey Jack cheese, guacamole, sour cream & rustic fries [1,4,5,8,10,14]

## Thai Red Sweet Potato & Red Pepper Curry: €11.00

Steamed basmati rice [VE] [GF] [8, 14] Add Prawns +€3

#### Thai Red Chicken Curry: €13

Steamed basmati rice [8,14]

#### Chicken & Chorizo Linguine: €12.00

Sundried tomato & shallot prosecco cream, parmesan & rocket [1, 4, 12] Swap for Salmon & Prawn +€1

#### Crispy Chicken Burger: €12:00

Brioche bun, chipotle aioli, lettuce, tomato & red onion, rustic fries
[1, 4, 5, 10, 12]

Add Bacon +€1.50

## **Charcuterie For Two €28**

Selection of cured meats and cheeses, olives, sundried to matoes, stuffed peppers, crackers, basil pesto, hummus & rustic breads

[1, 2, 4, 11, 12]

Add a bottle of house red or white for €17

#### **SALADS**

(Available until 5pm)

## Chicken & Bacon Caesar: €10.00

Roast chicken, Irish bacon, cos lettuce, croutons, parmesan shaving, caesar dressing [1, 4, 5, 6, 8]

## Famous Clonakilty: €10.00

Clonakilty black pudding, Irish bacon, mixed leaves, cucumber, red onion, vine tomatoes, balsamic dressing

[1, 8, 12]

#### Superfood Salad: €10.00

Quinoa, beetroot, butternut squash, pomegranate, mixed leaves, citrus dressing, toasted seeds [VE] [GF] [8]

Add Grilled goat's cheese +€1.50, Chicken +€2



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#### **SANDWICHES**

(Available until 5pm) Add vegetable soup to your sandwich +€3

#### Grilled Halloumi: €5.85

Roast red peppers, red onion, pesto, toasted ciabatta
[1,2,4,10,11] Add bacon +€1.50

#### Famous Roast Chicken: €5.85

Roast chicken, stuffing, garlic aioli, spring onion, granary [1, 4, 5, 8, 11] Add cheddar cheese +€1

## Grilled Goat's Cheese: €5.85

Goat's cheese, sundried tomatoes, rocket, red onion marmalade, toasted ciabatta [1, 4, 8,10, 12]

#### Ham & Cheese: €5.85

Irish ham, Dubliner cheddar, red onion, rocket, Dijon aioli, sourdough [1, 4, 5, 10, 11]

## Cajun Chicken Wrap: €5.85

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

## Superfood Wrap: €5.85

Quinoa, butternut squash, mixed leaves, hummus, beetroot, toasted wrap [VE] [1, 11] Add chicken +€2, goats cheese +€1

#### Turkey Reuben: €5.85

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

#### GFP Club Sandwich: €5.85

Roast chicken, Irish ham, tomato, lettuce, red onion marmalade, aioli, ciabatta [1, 4, 5, 8, 10, 11, 12]

## Louisiana Chicken Wrap: €5.85

Louisiana chicken goujons, blue cheese aioli, iceberg lettuce, wrap

[1, 4, 5, 8, 10]

## **SIDES**

## Loaded Bacon & Cheese Waffle Fries: €6.00

Chipotle aioli [1, 2, 4, 5]

Fries €3.00 [1]

Sweet Potato Fries: €4.00 [1]

Waffle Fries: €4.00 [1]

Mash Potato €3.00 [4]

Sauces: 50c

Chipotle aioli, garlic aioli, Louisiana, blue cheese, tomato relish

#### **DESSERTS**

**Nutella cheesecake: €4.00** [1,2,3,4,5,8]

Vegan Chocolate & Coconut Tart €4 [GF][2]

**Chocolate Brownie €4.00** [GF] [2, 4, 5, 15]

**Carrot & Walnut cake €4.00** [GF] [2, 4, 5]

**Apple & Cinnamon Crumble €4.00** [1, 4, 5]

**Snickers Cake €3.50** [GF] [2, 3, 4, 5, 8]

#### Chocolate Squares €3.50

(Toblerone, Krispie, Rocky Road) [1, 2, 3, 4, 5, 8]

**Raspberry & White Chocolate Roulade €4.00** [GF] [4,5,8]

#### **KIDS MENU**

Chicken Wings & Chips: €6.50

Plain or BBQ Chicken Wings, Rustic Fries [1,4,5,9,10,11,14]

**Ham & Cheese Toastie €4.50** [1, 4, 10]

Goujons & Chips €6.00 [1, 10, 11]

Pasta (Plain or Tomato Sauce) €5.00 [1, 5]

Add Chicken +€1

Sausages & Chips: €6.50

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