

GOURMET FOOD PARLOUR

Sit In Menu - Salthill

BREAKFAST

(Available Monday-Sunday until 5pm)

Farmhouse Plate – Full Irish: €12.00

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: €10.50

Scrambled eggs, onion & chive potato cake, herby fried mushrooms, cherry tomatoes, granary toast [V] [1, 4, 5, 11]
Add vegan sausages +€2.50

Scrambled Eggs & Toast: €8.00

Creamy scrambled eggs, chives, tomato relish, granary toast [V] [1, 4, 5, 11] Add Chorizo +€1

Eggs Benedict: €11.00

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

Buttermilk Chicken Eggs Benedict: €13.00

Buttermilk fried chicken, poached eggs, hollandaise, toasted english muffin [1,4,5,8,10,11]

Breakfast Wrap: €8.75

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

Breakfast Ciabatta: €8.75

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

Buttermilk Pancakes:

Option 1: Bacon, rocket & maple syrup [1,4,5,8] €10.00

Option 2: Kinder Bueno sauce, Bueno pieces, white & milk chocolate pieces, sliced strawberries [1,2,4,5,8] €10.50

Vegan Big Breakfast: €10.00

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

Add relish or chilli jam to any dish +€0.50

STARTERS

Soup of the Day: €5.50

Rustic bread [1, 4, 5, 15]

Salt & Pepper Calamari: €8.50

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

GFP Chicken Wings: Small €8.00 / Large €12.00

Louisiana sauce, garlic aioli or blue cheese dip

[1, 4, 5, 8, 9, 10, 11, 12, 14]

Boneless Chicken Bites: €7.00

Plain/Louisiana, garlic aioli or blue cheese dip [1, 4, 5, 8]

Vegan Louisiana Boneless Bites: €7.00

Plant It [1]

Patatas Bravas: €6.00

Salsa, garlic aioli [V]

MAINS

Upgrade fries on any dish to Waffle Fries or Sweet Potato Fries for €1

Pan Roast Chicken Supreme: €18.00

Creamy garlic mash potato, crumbled Clonakilty black pudding, steamed tender stem broccoli, prosecco cream sauce [1,4,8,12]



Pan Fried Salmon: €19.00

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

Micil Poitún Battered Fish N' Chips: €16.00

Fresh hake, hand cut chips, seaweed aioli [1,4,6,7,12]

Cajun Chicken Quesadillas: €14.50

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

Hereford Beef Burger: €16.00

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

Thai Red Sweet Potato & Red Pepper Curry: €13.00

Steamed basmati rice [VE] [GF] [8, 14]

Add Chicken +€2, Add Prawns +€3

Chicken & Chorizo Linguine: €15.00

Sundried tomato & shallot prosecco cream, parmesan & rocket [1, 4, 12] Add garlic bread +€2.00

Crispy Chicken Burger: €15.50

Brioche bun, chipotle aioli, lettuce, tomato & red onion, rustic fries [1, 4, 5, 10, 12] Add Bacon +€1.50

Charcuterie Board: Small €15 / Large €28

Selection of cured meats and cheeses, olives, sundried tomatoes, stuffed peppers, crackers, basil pesto, hummus & rustic breads [1, 2, 4, 11, 12]



SALADS

(Available until 5pm)

Chicken & Bacon Caesar: €13.00

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

Asian Chicken Noodle: €14.00

Tenderstem broccoli, peppers, red onion, toasted sesame seeds, sweet soy dressing [1, 8, 11]

Add prawns +€3.00

Switch for Crumbled Tofu for Vegetarian/Vegan option

Superfood Salad: €13.00

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

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

Goats Cheese: €14.00

Candied walnuts, beetroot, fig, red onion, rocket, balsamic molasses [2, 4, 12]

Switch for Crumbled Tofu for Vegetarian/Vegan option



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SANDWICHES

(Available until 5pm)

Add Soup of the Day to your sandwich +€3

Grilled Halloumi: €9.00

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

Famous Roast Chicken: €9.00

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

Grilled Goat's Cheese: €9.00

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

Ham & Cheese: €9.00

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

Cajun Chicken Wrap: €9.00

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

Superfood Wrap: €9.00

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

Chicken & Bacon Caesar Wrap: €9.00

Chicken, bacon, parmesan, cos lettuce, toasted wrap
[1, 4, 5, 6, 8]

GFP Club Sandwich: €9.00

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

Louisiana Chicken Wrap: €9.00

Louisiana chicken goujons, blue cheese aioli, iceberg lettuce,
toasted wrap [1, 4, 5, 8, 10]

Gluten free bread available on request

SIDES

Rustic Fries €4.50

Garlic aioli [1]

Waffle Fries: €5.00

Garlic aioli [1, 2, 4, 5] Add cheese & bacon +€2

Sweet Potato Fries: €5.00

Chipotle aioli [1]

DESSERTS

Vegan Chocolate & Coconut Tart €6.00 [GF][2]

Chocolate Brownie €6.00 [1, 2, 4, 5, 15]

Carrot & Walnut cake €6.00 [1, 2, 4, 5]

Apple & Cinnamon Crumble €6.00 [1, 4, 5]

Snickers Cake €4.75 [GF] [2, 3, 4, 5, 8]

Chocolate Squares €4.25

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

Raspberry & White Chocolate Roulade €6.00 [GF] [4,5,8]

Cookie Bro Cookie €4.00 [1, 4, 5]

Add scoop of vanilla ice cream to any dessert +€1.00

REFRESHMENTS

San Pellegrino: €3.00

Orange/Lemon

Wild Orchard Lemonades: €3.50

Cloudy/Pink

Wild Orchard Juices: €3.50

Orange/Apple/Carrot & Apple

Wild Orchard Smoothies: €3.50

It's All About Kombucha: €4.50
Lemon & Ginger/Raspberry/Turmeric

Cans: €3.00

Coke/Coke Zero/Diet Coke/7up
7up Free/Club Orange

Fior Uisce Water: €2.00

Still or Sparkling

HOT DRINKS

Espresso €2.50

Americano €2.95

Cappuccino €3.25 [4]

Latte: €3.25 [4]

Flat white: €3.25 [4]

Mocha: €3.25 [4]

Chai Latte €3.25 [4]

Hot chocolate €3.50 [4]

Irish Breakfast Tea €2.75

Java Republic Tea Pillows: €2.90

Ask our team about available flavours

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www.gourmetfoodparLOUR.com

Give us a call direct on
01895 7565

Or head down to one of our restaurants and order at the door!

SWORDS - SANTRY - SKERRIES
MALAHIDE - DUN LAOGHAIRE - SALTHILL

ALLERGEN KEY

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) [GF] Gluten Free | [VE] Vegan | [V] Vegetarian