

HENRY'S X GOURMET FOOD PARLOUR

SOUPS & SANDWICHES

BREAKFAST BUTTY

Brioche bun, sausage, crispy streaky bacon, Swiss cheese tomato relish
[1.1, 4, 5, 8, 10, 11, 12]

€7.00

EGG SALAD AND BACON

Creamy egg, chives, crispy bacon bits, cracked black pepper, crispy cos lettuce on granary bread
[1.1, 1.2, 1.3, 1.4, 4, 5, 8, 10, 11, 12, 14]

€7.50

ULTIMATE VEGAN WRAP

Wrap Beetroot wrap, guacamole, butternut squash, mixed leaves, beetroot, quinoa
[1.1, 8, 10, 14]

€7.50

CAJUN PULLED CHICKEN

Pulled chicken, sliced red onion, fresh peppers, Cajun aioli, cheddar cheese on sourdough
[1.1, 4, 5, 8, 10, 12, 14]

€8.00

CHOPPER CIABATTA

Pastrami, Swiss cheese, dill pickles, beef tomato, honey mustard aioli, mixed leaves
[1.1, 4, 5, 8, 10, 11, 12]

€8.00

LITTLE ITALY

Salami, green pesto aioli, rocket, confit tomatoes, melting mozzarella on Italian sourdough bread
[1.1, 4, 5, 8, 10, 11, 12]

€9.00

3 CHEESES TOASTIE

Caramelized onion, mozzarella, Swiss cheese, smoked cheddar, tomato relish on white bloom bread [1.1, 4, 8, 10, 12]

€7.00

GFP HAM AND CHEESE

Ham, honey mustard aioli, sliced cheddar, red onion, tomato relish on white bloom bread
[1.1, 4, 5, 8, 10, 11, 12]

€8.00

CHICKEN CAESAR WRAP

Roast chicken, crispy cos lettuce, bacon bites, parmesan shaving, Caesar aioli
[1.1, 4, 5, 6, 8, 10, 11, 12]

€9.00

SOUP OF THE DAY

SSoup of the day served with homemade Guinness bread

€8.00

ACAI BOWLS

with our Homemade Granola Base

Rich in antioxidants - the perfect way to maintain a healthy lifestyle

€10.00

BUILD YOUR OWN €10

FRUITS: CHOOSE TWO

- Strawberry
- Banana
- Blueberry

NUTS & SEEDS: CHOOSE TWO

- Chia seeds
- Flax seeds
- Goji berries

DRIZZLE: CHOOSE ONE

- Peanut Butter [3]
- Honey
- Chocolate [2, 4, 8, 11]

SPRINKLES: CHOOSE ONE

- Coconut flakes
- Granola [1, 2, 12]
- Chocolate Chips [4, 8]

ALLERGEN KEY

1. GLUTEN (1.1 Wheat 1.2 Rye 1.3 Barley 1.4 Oats) 2. NUTS (2.1 Almonds 2.2 Hazelnuts 2.3 Walnuts 2.4 Cashews 2.5 Pecan Nuts 2.6 Brazil Nuts 2.7 Pistachio Nuts 2.8 Macadamia/Queensland nut) 3. PEANUTS 4. MILK 5. EGGS 6. FISH 7. CRUSTACEANS (7.1 Crab 7.2 Prawns 7.3 Lobsters 7.4 Crayfish) 8. SOYBEANS 9. MOLLUSCS (9.1 Mussels 9.2 Oysters 9.3 Squid 9.4 Snails) 10. MUSTARD 11. SESAME SEEDS 12. SULPHUR DIOXIDE & SULPHITES 13. LUPIN 14. CELERY

[GF] GLUTEN FREE • [V] VEGETARIAN • [VE] VEGAN

All precaution is taken while preparing food in our kitchens. Our kitchen is NOT a nut and gluten free environment

HENRY'S X GOURMET FOOD PARLOUR

PASTRIES

- Croissant [1.1, 4, 5] €3.75
- Almond croissant [1.1, 2.2, 4, 5] €4.00
- Pain au raisin [1.1, 4, 5] €4.00
- Cinnamon roll [1.1, 1.4, 4, 5, 8] €4.00
- Scones selection: Strawberry and white chocolate, fruit or plain [1.1, 2, 4, 5] €4.00
- Dressed cookies [1.1, 4, 5, 8] €3.75
- Berry apple crumble [1.1, 1.2, 1.3, 1.4, 4, 5, 12] €5.00
- Lemon loaf [1.1, 4, 5, 8] €4.00
- Carrot Cake [GF 2.3, 4, 5] €6.00
- Selection of muffin (lemon chia seed, blueberry) [1.1, 2, 4, 5, 8] €4.25

**May contain nuts*

SWEET TREATS

- POP DOTS €2.00
 - Strawberry [1.1, 1.4, 4, 5, 8]
 - Hazelnut [1.1, 1.4, 2.2, 4, 5, 8]
- CHOUXNUT €3.75
 - White chocolate mousse, caramelised biscuit and caramel fondant [1.1, 1.4, 4, 5, 8]
- BOUNTIFUL BROWNIE €3.50
 - [1.1, 1.4, 4, 5, 8]
- ROCKY ROAD €3.50
 - [1.1, 4]

**May contain nuts*

SAVOURY TREATS

- SAUSAGE ROLL €9.00

Homemade sausage rolls served with tomato chutney and dressed leaves [1.1, 8]

[may contain nuts, peanuts, sesame, sulphites, mustard]

- HOMEMADE QUICHE €10.00

Homemade quiche served with tomato chutney and dressed leaves [1, 4, 5, 14]

KIDS MENU

- Ham and cheese toastie [1.1, 4, 10] €5.00
- Pizza bagel (plain bagel, cheese, tomato) €5.00
- Sausage Sandwich (sausages on toasted bread with ketchup) €5.00

HENRY'S X GOURMET FOOD PARLOUR

HOT DRINKS

Espresso	€3.20
Americano	€3.70
Cappuccino [4]	€4.10
Latte [4]	€4.10
Flat White [4]	€4.00
Mocha [4]	€4.30
Chai Latte [4]	€4.10
Matcha Latte	€4.50
Irish Breakfast Tea	€3.50
Organic Tea Selection	€3.75
Chamomile / Peppermint / Earl Grey / Green Tea / Decaf	

HOT CHOCOLATE MENU

CLASSIC FRENCH	€4.50
Thick & rich hot chocolate served with fresh cream soft top [4]	
SMORES HOT CHOCOLATE	€5.00
Our signature hot chocolate blend, marshmallow fluff, chocolate drizzle [4]	
Add a Syrup 50c	
Vanilla / Hazelnut [2.2] / Caramel	
Alternative Milks 30c	
Soy [8] / Almond [2.1] / Oat Milk [1.4] / Coconut Milk [8]	

ICED DRINKS

Latte [4]	€4.20
Americano	€3.70
Matcha [4]	€4.85
Vanilla Frappuccino [4]	€4.95
Kinder Bueno Frappuccino [2.2, 4]	€5.25
Iced Teas (ask your server about flavours)	€6.00
Green Tea & Peach (green tea, peach puree, apple juice)	
Apple Berry (apple berry tea, raspberry syrup, berries)	

HOUSE SMOOTHIES

BEET IT	€6.00
Blueberry, banana, beetroot, milk, honey, cinnamon [4]	
TROPICAL DETOX	€6.00
Spinach, banana, pineapple, mango, kiwi, coconut, chia seeds	
STRAWBERRY OATMEAL	€6.00
Strawberry, rolled oats, banana, almond milk, peanut butter, vanilla [1.4, 2.1, 3]	

HENRY'S
X
GOURMET
FOOD PARLOUR

GRAB & GO

MINERALS €3.75

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

W.B. YEATS IRISH STILL WATER CARTON 500ML €2.75

VIT HIT €3.00

Immuntea Dragonfruit

Perform Mango & Passionfruit

Berry Boost

Lean & Green

Hydrate Lime & Guava

Detox Mandarin & Green Tea

Sparkling Mango & Pineapple

Sparkling Raspberry & Watermelon

Sparkling Pink Grapefruit & Lime

Apple Juice €4.00

Orange Juice €4.00

SISU €3.25/ 2 for €6.00

Vitamin C shot

Vitamin D shot

ICED TEAS €6.00

Ask your server about flavours

ALL ABOUT KOMBUCHA €4.50

Ginger & Lemon/ Raspberry

KIDS

Fruit Shoot €2.50

Innocent Apple Juice €2.50