



Breakfast Favourites

NUTS & SEEDS GRANOLA €9

Toasted oats combined with nuts & seeds, Greek style yoghurt, homemade berry compote & maple syrup drizzle (1.4, 2.1, 2.2, 2.3, 2.4, 2.5, 3, 8)

WAFFLES €14.50

- Crispy bacon & maple syrup (1.1, 4, 5, 8)
- Berry compote & whipped ricotta, sprinkle of cinnamon (1.1, 4, 5, 8)

SMASHED AVOCADO TOAST €14.50

Fresh avocado, free range poached eggs, overnight cherry tomato, crumbled feta, basil pesto, tossed seeds, granary bread (1.1, 1.2, 1.4, 5, 11, 12)

FARMHOUSE PLATE €15.50

Creamy scrambled eggs, Irish bacon, Clonakilty black & white pudding, pork sausages, onion and chives potato cake, tomato relish , granary toast (1.1, 1.2, 1.4, 4, 5, 11, 12)

EGGS BENEDICT €15

Irish bacon, free range poached eggs, Hollandaise sauce, toasted sourdough bread (1.1, 4, 5, 8, 12)

BIG BREAKFAST BAP €11

Irish bacon, pork sausage, fried egg, tomato relish, toasted brioche bun (1.1, 4, 5, 10, 12)
Add Fried Egg (5) €2.50

SCRAMBLED EGGS €9

Creamy scrambled eggs, granary bread, tomato relish (1.1, 1.2, 4, 5, 12)

WOODLAND BREAKFAST €14.50

Free range scrambled eggs, onion & chive potato cake, herby fried mushrooms, cherry tomatoes, smashed avocado, granary toast [V] (1.1, 1.2, 4, 5, 11)

SHAKSHUKA €13.50

Free range poached eggs, lightly spiced tomato sauce, onion, red pepper, garlic, chickpeas, served with toasted sourdough (1.1, 4, 5, 8, 12, 13, 14)

BREAKFAST ADD ONS

Streaky bacon €2.50 (12)	Pork sausages €2.50 (12)
Clonakilty black/white pudding €2.75 (1.4)	Mushroom €2
Tomato €2	Avocado €3

Salads & Sandwiches

GFP HAM & CHEESE €12.50

Ham, cheddar cheese , red onion, honey mustard aioli, sourdough bread (1.1, 4, 10, 12)

TOASTED BRIE CIABATTA €12.50

Melted Brie cheese, red onion marmalade, pesto aioli, rocket, toasted ciabatta (1.1, 4, 5, 10, 12) [V]

LOUISIANA CHICKEN WRAP €13

Louisiana chicken goujons, cos lettuce, red onion, blue cheese aioli, toasted wrap (1.1, 4, 5, 8)

ROAST CHICKEN CIABATTA €12.50

Roast chicken, caramelised onion, Swiss cheese, rocket, chipotle aioli (1.1, 4, 5, 10, 12)

CAESAR SALAD €16

Roast chicken, cos lettuce, bacon lardons, croutons, fresh parmesan, Caesar dressing (1.1, 1.2, 1.4, 4, 5, 10)

SUPERFOOD SALAD €15.50

Quinoa, beetroot, butternut squash, pomegranate, mixed leaves, citrus dressing, toasted seeds [VE][GF] (2, 10, 11, 12)
Add Goats cheese €2 (4)
Add Chicken €3

GFP Favourites

SOUP OF THE DAY €8

Served with Homemade brown bread (1.1,1.2,1.4, 4)

SOUTHERN FRIED CHICKEN BURGER €19

Served with cos lettuce, pickles, smoky bacon chipotle aioli, brioche bun side of rustic fries (1.1, 4, 5, 12)

GOAT'S CHEESE & ROASTED VEGETABLE QUICHE €14

Homemade quiche, tomato relish, side of greens (1.1, 4, 5, 8, 10, 12)

TEXAS STYLE BBQ BEEF €20

BBQ pulled beef brisket, crispy onion, toasted ciabatta, rustic fries, slaw, corn on the cob (1.1, 4, 10, 12, 13)

GFP FISH & CHIPS €19.50

Battered Atlantic haddock, rustic fries, pea puree, tartare sauce (1.1, 4, 5, 6, 10)

THAI RED SWEET POTATO & RED PEPPER CURRY €16.50

Steamed Basmati rice [GF] [VE] [8, 11] Add chicken +€3

Sides

Rustic Fries €4.50

Garlic aioli (1.1, 5)

Sweet Potato Fries €5.50

Garlic aioli (1.1, 5)

Homemade Side Salad €5

Balsamic dressing (10, 12)

Cold Drinks

HOMEMADE SMOOTHIES €6

Berry Nice

Mixed berries, banana, milk, honey [4]

Tropical

Papaya, pineapple, mango, kiwi, coconut

KEELINGS FRESH JUICES €4.50

Apple/Orange

ALL ABOUT KOMBUCHA €6

Ginger & Lemon Organic / Raspberry

WILD ORCHARD LEMONADES €4.50

Cloudy / Pink Lemonade

MINERALS €3.75

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

FIOR UISCE WATER Regular €2.75/ Large €5.50

Still or Sparkling

Hot Drinks

Featuring our very own, full bodied Parlour House Blend.

Roasted & blended in Ireland, this premium coffee carries notes of caramel and cocoa.

ESPRESSO €3.20

AMERICANO €3.70

CAPPUCCINO [4] €4.10

LATTE [4] €4.10

FLAT WHITE [4] €4

MOCHA [4] €4.30

CHAI LATTE [4] €4.10

HOT CHOCOLATE [4] €4.30

IRISH BREAKFAST TEA €3.50

TEA SELECTION €3.75

Camomile / Peppermint / Earl Grey / Green Tea / Decaf

ADD A SYRUP 50c

Vanilla / Hazelnut [2.2] / Caramel

ALTERNATE MILKS 30c

Soy [8] / Almond [2.1] / Oat [1.4] / Coconut [8]

Decaf available on request

