

HOMEMADE

GOURMET FOOD PARLOUR

All Day Menu

BRUNCH MENU

FRENCH TOAST

Crispy bacon & maple syrup €16 [1.1, 4, 5, 8, 12]
Summer fruit compote and fresh berries €16 [1.1, 4, 5, 8]

SCRAMBLED EGGS €11

Creamy scrambled free-range eggs, Bretzel granary bread, Ballymaloe tomato relish [1.1, 1.2, 1.3, 1.4, 4, 5, 11, 12] V

FARMHOUSE PLATE €18

Creamy scrambled free-range eggs, Irish bacon, Clonakilty black & white pudding, pork sausages, onion and chive potato cake, Ballymaloe tomato relish, Bretzel granary bread [1.1, 1.2, 1.3, 1.4, 4, 5, 11, 12]

WOODLAND BREAKFAST €17

Creamy scrambled free-range eggs, onion & chive potato cake, herby fried mushrooms, cherry tomatoes, smashed avocado, Bretzel granary toast [1.1, 1.2, 1.3, 1.4, 4, 5, 11] V

HEALTHY TOAST €17.5

Harissa hummus, poached egg, roast cherry tomatoes, topped with sundried tomato pesto [1.1, 1.2, 1.3, 1.4, 5, 8, 11, 12]

SMASHED AVOCADO TOAST €17

Fresh avocado, poached free-range eggs, overnight cherry tomato, crumbled feta, basil pesto, tossed seeds, on thick sourdough bread [1.1, 1.2, 1.4, 5, 12] V

BREAKFAST BAP €15.5

Sesame brioche bun, fluffy scrambled egg, smashed avocado, bacon, sriracha drizzle, rocket [1.1, 4, 5, 8, 11, 12]

MIXED BERRY & CHIA SEED GRANOLA €10

Greek-style yoghurt, mix berry compote, & chia seeds [1.4, 2.1, 2.2, 2.3, 2.4, 2.5, 3, 8, 12]

BREAKFAST ADD-ONS

Streaky bacon [12] €3.5 | Pork sausages [12] €3.5
Clonakilty black/white pudding [1.4] €3.5 | Rashers [12] €3
free-range eggs +€3.5 | Mushroom €2 | Tomato €2 | Avocado €3 | Potato cake €3

SALADS & SANDWICHES

[GF] OPTION AVAILABLE

Add a cup of soup €5

GFP HAM & CHEESE €14

Sliced ham, melted mature cheddar, gherkins, sliced red onion, and honey mustard served on toasted Bretzel sourdough bread [1.1, 4, 5, 10, 12]

CHICKEN CIABATTA €14.5

Overnight marinated chicken, red pesto aioli, melted cheddar cheese, red onion, rocket [1.1, 4, 5, 8, 10]

CHICKEN WRAP €14

Louisiana or BBQ goujons, cos lettuce, red onion, garlic aioli, toasted wrap [1.1, 4, 5, 8, 12]

GOAT CHEESE CIABATTA €14

Balsamic caramelised onion, rocket, sundried tomato aioli, toasted ciabatta [1.1, 4, 5, 10, 12]

BEET & GOATS CHEESE SALAD €17.5

Baby leaves, lemon and pepper corn marinated goat cheese, beetroot julienne, red onions, toasted seeds, fig and Dijon mustard dressing [4, 8, 10, 12] GF

CHICKEN CAESAR SALAD €19

Roast chicken, cos lettuce, bacon lardons, croutons, fresh parmesan, Caesar dressing [1.1, 1.2, 1.3, 1.4, 4, 5, 6, 10, 12]

CRISPY CHICKEN BOWL €19.5

Crisp cos lettuce, raw beetroot, carrot, fragrant rice, crispy chicken fillet, sweet chilli, mixed sesame seeds [1.1, 4, 5, 8, 10, 11, 12]

HARISSA HUMMUS BOWL €16

Cherry tomato, crispy chickpeas, roasted red peppers, mixed leaves & seeds, citrus dressing VE/GF [8, 11, 12] | Add feta €2.5 [4]

GFP FAVOURITES

SOUP OF THE DAY €9

Served with Homemade brown bread [1.1, 1.2, 1.3, 1.4, 4, 14]

GFP FISH & CHIPS €22

Battered Atlantic haddock, rustic fries, pea puree, tartare sauce [1.1, 4, 5, 6, 10, 12]

BBQ PULLED BEEF BURGER €22

BBQ sauce, melted mature cheddar, cos lettuce, red onion, Chipotle coleslaw on a soft brioche bun, served with skin-on fries [1.1, 4, 5, 8, 10, 11, 12]

HOMEMADE SMOKED BACON QUICHE €17

caramelised onion, baby spinach, smoked bacon, Monterrey jack cheese served with baby greens with balsamic dressing [1.1, 4, 5, 8, 10, 12]

SUN BLUSHED PASTA €18

Vine tomato and roasted red peppers sauce, tangy crumbled feta, basil oil drizzle, topped with fresh herbs [1.1, 4, 5] | Add chicken €4



SIDES

RUSTIC FRIES €5.5

Garlic aioli [1.1, 5]

EXTRA DIP €1.5

SWEET POTATO FRIES €6

Garlic aioli [1.1, 5]

HOMEMADE SIDE SALAD €6

Balsamic dressing [10, 12]

CUP OF SOUP €5

COLD DRINKS

HOMEMADE SMOOTHIES €6

BERRY NICE

Mixed berries, banana, milk, honey [4, 8]

TROPICAL

Papaya, pineapple, mango, kiwi, coconut [8]

KEELINGS FRESH JUICES €4.75

Apple / Orange

KOMBUCHA €6

HOMEMADE LEMONADES €7

RED BERRY

Raspberry, strawberry, lemon, soda water

PASSIONFRUIT

Passionfruit, lemon, soda water

WATERMELON

Watermelon, lemon, soda water

MINERALS €3.95

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

WATER | Regular €3 / Large €6

Still or Sparkling

HOT DRINKS

ESPRESSO €3.3

AMERICANO €3.9 | ICED €4.75

CAPPUCCINO [4] €4.5

LATTE [4] €4.5 | ICED €5

FLAT WHITE [4] €4.3

MOCHA [4] €4.6

CHAI LATTE [4] €4.4

HOT CHOCOLATE [4] €4.4

IRISH BREAKFAST TEA €3.75

TEA SELECTION €3.8

Chamomile / Peppermint / Earl Grey / Green Tea / Decaf

ADD A SYRUP 50C

Vanilla / Hazelnut [2.2] / Caramel

ALTERNATIVE MILKS 50C

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

DECAF AVAILABLE ON REQUEST

PLEASE ASK FOR OUR DESSERT MENU

*Please be aware that our chicken dishes are prepared fresh and may contain small bones.



Drinks Menu

RED WINES

125ml / 175ml / Bottle

CODICI MASSERIE PRIMITIVO, PUGLIA ITALY €6/ €8.5 / €35

A dense bouquet of black fruits such as cherries, blackberries and plums, complemented by inviting cocoa notes. Despite the gentle tannins, the palate has a clear structure and considerable depth [12]

MAISON DE LA VILLETTE CABERNET SAUVIGNON, FRANCE €6.5 / €9 / €36

Elegant notes of liquorice, roasted coffee beans and dark chocolate melted with fruity aromas of black cherries and a spicy touch of cinnamon. Velvety tannins on the palate [12]

CATENA MALBEC, VISTA FLORES MENDOZA ARGENTINA €8 / €10.5 / €42

Elegantly structured showing ripe blackberry and blackcurrant fruit flavours and plenty of peppery spice, the finish has a distinct chocolate note and crisp, refreshing acidity [12]

WHITE WINES

125ml / 175ml / Bottle

CUATRO RAYAS LASECA VERDEJO REUDO SPAIN €6 / €8.5 / €33

Straw yellow with green hues, bright, fresh and balanced aromas, typical of the variety. Flavourful on the palate and very long. [12]

DE PAULO PINOT GRIGIO, TRIESTE, ITALY €6 / €9 / €34

Straw colour, this Pinot Grigio displays a long-lasting fruity bouquet of green apples and pears with an underlying minerality. [12]

OPAWA SAUVIGNON BLANC, MARLBOROUGH, NEW ZEALAND €7 / €10 / €40

The palate is refreshing and intense, displaying crisp citrus notes and passionfruit flavours. This wine is well balanced and focused with crisp acidity and a long, juicy, mouth-watering finish [12]

BUBBLES & ROSÉ

SERENA SPAGO, PROSECCO €9.5/€36

Brilliant hue and inviting, faintly citrus-like aromas

MARQUÉS DE CÁCERES EXCELLENS ROSÉ €8.5 / €35

The Marqués de Cáceres Excellens rose is an attractive, pale rosé colour with rose petals and refined notes of peaches on the nose. Silky-smooth and balanced in the mouth with delicate flavours of mature white peaches and pears. Its character comes through delicately on tasting with a touch of vivacity highlighting its freshness. Succulent with a nice finish. [12]

COCKTAILS

MIMOSA €10.5

Prosecco, orange juice
[12]

BELLINI €10.5

Prosecco, peach
[12]

HUGO SPRITZ €12

Prosecco, elderflower, lime & mint
[12]

STRAWBERRY SPRITZ €12

Marques de Cáceres Rose wine, wild strawberry, lime & soda
[12]

BEER

PERONI €6

FLAVOUR IS (ALMOST) EVERYTHING

We believe in flavour. But we also believe in genuine hospitality and incredible atmosphere.

Bring all three together, and you create an unforgettable dining experience every time.

Established in 2006, Gourmet Food Parlour has evolved to become Dublin's most trusted restaurant group, with 6 locations across Dublin and Galway.

In 2023, we opened 3 unique dining concepts inside The iconic Arnotts Dublin department store.

In 2025, we opened 2 restaurants inside Brown Thomas Dublin department store.

Our fare is shaped by long-standing relationships with Irish producers, where local ingredients are sourced via sustainable practices. From the farm to your table, we serve only the freshest seasonal produce, along with premium Irish beef, chicken and free-range eggs. Healthy, nutritious, and always full of flavour.

ALLERGEN KEY

THE ABOVE MENU CONTAINS ALLERGENS, AS INDICATED IN THE KEY BELOW.

1. CONTAINS GLUTEN (1.1 Wheat 1.2 Rye 1.3 Barley 1.4 Oats) | 2. CONTAINS 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. CONTAINS PEANUTS | 4. CONTAINS MILK | 5. CONTAINS EGGS | 6. CONTAINS FISH | 7. CONTAINS CRUSTACEANS (7.1 Crab 7.2 Prawns 7.3 Lobsters 7.4 Crayfish) | 8. CONTAINS SOYBEANS | 9. CONTAINS MOLLUSCS (9.1 Mussels 9.2 Oysters 9.3 Squid 9.4 Snails) | 10. CONTAINS MUSTARD | 11. CONTAINS SESAME SEEDS | 12. CONTAINS SULPHUR DIOXIDE & SULPHITES | 13. CONTAINS LUPIN | 14. CONTAINS CELERY
- [GF] GLUTEN FREE • [V] VEGETARIAN • [VE] VEGAN

Customers: All products & ingredients are stored, prepared, and handled in an environment where food allergens are used. We have implemented controls & procedures through our HACCP System to reduce the risk of cross-contamination, but we cannot guarantee the absence of allergen ingredient transfer. We have screened the ingredients in our dishes for the direct allergens they contain.