HOMEMADE × GOURMET FOOD PARLOUR

All Day Menu

BRUNCH MENU

BUTTERMILK PANCAKES €16
- Crispy Bacon & maple syrup [1.1, 4, 5, 8, 12]
- Berry compote & vanilla mascarpone [1.1, 4, 5, 8, 12]

SCRAMBLED EGGS €11
Creamy scrambled eggs, Bretzel granary bread, Follain tomato relish
[1.1, 1.2, 1.3, 1.4, 4, 5, 11, 12] V

FARMHOUSE PLATE €18
Creamy scrambled eggs, Irish bacon, Clonakilty black & white pudding, pork sausages, onion and chive potato cake, Follain tomato relish, Bretzel granary bread
[1.1, 1.2, 1.3, 1.4, 4, 5, 11, 12]

WOODLAND BREAKFAST €17
Creamy scrambled 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

SMASHED AVOCADO TOAST €17
Fresh avocado, poached eggs, cherry tomatoes, crumbled feta, basil pesto, tossed seeds, on thick sourdough bread
[1.1, 1.2, 1.4, 4, 5, 12] V

MIXED BERRY & CHIA SEED GRANOLA €10
Greek-style yoghurt, mixed berry compote, & chia seeds
[1.4, 2.1, 2.2, 2.3, 2.4, 2.5, 3, 4, 8, 12]

BREAKFAST BAP €15.5
Sesame brioche bun, fluffy scrambled egg, smashed avocado, bacon, tomato chilli jam, rocket
[1.1, 4, 5, 8, 11, 12]
Add halloumi €3.5 [4]

BREAKFAST ADD-ONS
Streaky bacon[12] €3.5 **|** Pork sausages[12] €3.5
Clonakilty black/ white pudding [1.4] €3.5 **|** Rashers [12] €3.5
eggs +€3.5 [5] **|** Mushroom €2 **|** Tomato €2 **|** Avocado €3 **|**
Potato cake €3 | Grilled Halloumi €3.5 [4]

ALL OUR EGGS ARE FREE-RANGE

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

SALADS & SANDWICHES

[GF] OPTION AVAILABLE
Add a cup of soup **€5**

SMOKED CHICKEN CIABATTA €14.5
Builin Blasta smoked onion aioli, overnight Cajun-marinated chicken, melted mature cheddar, rocket
[1.1, 4, 5, 8, 10, 12]

GFP HAM & CHEESE €14
Sliced ham, melted mature cheddar, pickled red onion, and Follain tomato relish served on toasted Bretzel sourdough bread
[1.1, 4, 10, 12]

ROAST TURKEY TOASTIE €14.5
Roast Irish turkey, brie cheese, cranberry relish, rocket and wholegrain mustard, toasted Bretzel sourdough
[1.1, 4, 5, 8, 10, 12]

CHICKEN WRAP €14.5
Louisiana or BBQ goujons, cos lettuce, red onion, garlic aioli, toasted wrap
[1.1, 4, 5, 8, 12]

HOT HONEY CHICKEN BOWL €19.5
Fragrant rice, pickled red onion, diced cucumber, edamame beans and baby leaves, sesame seeds [1.1, 4, 5, 8, 10, 11, 12]

AUTUMN HARVEST BOWL €17
Roasted butternut squash & peppers, quinoa, crispy chickpeas, baby leaves, crumbled feta, toasted mixed seeds, maple mustard dressing [4, 8, 10].
Add Chicken **€4** / fried Halloumi **€3.5** [4]

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]

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, pea purée, coleslaw, tartare sauce, rustic fries
[1.1, 4, 5, 6, 10, 12]

GFP SIGNATURE IRISH BEEF BURGER €21
Grilled Irish beef patty, chipotle coleslaw, homemade garlic aioli, crispy lettuce, beef tomato, toasted sesame brioche bun, rustic fries [1.1, 4, 5, 8, 10, 11, 12]

QUICHE OF THE DAY €17
Ask your server for today's seasonal selection

THAI STYLE RED CURRY €18
Red curry, butterbean, mixed peppers, butternut squash, fragrant basmati rice
[8, 14] [VE] [V] [GF]
Add Chicken **€4**

SIDES

RUSTIC FRIES €5.5 **EXTRA DIP €1.5**
Garlic aioli [1.1, 5]

SWEET POTATO FRIES €6
Garlic aioli [1.1, 5]

HOMEMADE SIDE SALAD €6
Citrus 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 +€0.50
Vanilla / Hazelnut [2.2] / Caramel

ALTERNATIVE MILKS +€0.50
Soy [8] / Almond [2.1] / Oat [1.4] / Coconut [8]

DECAF AVAILABLE ON REQUEST

PLEASE ASK FOR OUR DESSERT MENU

HOMEMADE
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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 LA SECA VERDEJO REUDA 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 rosé 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
Marqués de Cáceres rosé wine, wild strawberry, lime & soda
[12]

BEER

PERONI €6

HOMEMADE
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GOURMET
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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.