HOMEMADE
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GOURMET
FOOD PARLOUR

All Day Menu

BRUNCH MENU

SCRAMBLED EGGS €11.00
Creamy scrambled eggs, Bretzel granary bread, Follain tomato relish
[1.1, 1.2, 1.3, 1.4, 4, 5, 11, 12] [V]

BUTTERMILK PANCAKES €16.00
- Crispy bacon and maple syrup [1.1, 4, 5, 8, 12]
- Apple and cinnamon crumble, honey drizzle [1.1, 4, 5, 8, 12] [V]

WOODLAND BREAKFAST €17.00
Creamy scrambled eggs, onion and 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 €17.00
Fresh avocado, scrambled eggs, cherry tomatoes, crumbled feta, basil pesto, toasted seeds, on thick sourdough bread
[1.1, 4, 5, 12]

FARMHOUSE PLATE €18.00
Creamy scrambled eggs, Irish bacon, Clonakilty black and 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]

BREAKFAST ADD-ONS
Streaky bacon [12] €3.50 | Pork sausages [1.1, 12] €3.50
Clonakilty black / white pudding [1.4] €3.50 | Rashers [12] €3.50
Eggs [5] €4.00 | Mushroom €2.00 | Tomato €2.00
Avocado €3.00 | Potato cake €3.00 [1.1, 4, 5] [V]
Grilled Halloumi €3.00 [4]

ALL OUR EGGS ARE FREE-RANGE

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

SALADS AND SANDWICHES

GLUTEN FREE OPTIONS AVAILABLE
Add a cup of soup **€5.00**
Please ask your server for today's allergen information

CAJUN CHICKEN CIABATTA €14.50
Cajun aioli, overnight-marinated chicken, melted mature cheddar, rocket
[1.1, 4, 5, 8, 10, 12]

GFP HAM AND CHEESE €14.00
Sliced ham, melted mature cheddar, red onion, and Follain tomato relish served on toasted Bretzel sourdough bread
[1.1, 4, 10, 12]

CHICKEN WRAP €14.50
Louisiana or BBQ goujons, cos lettuce, red onion, garlic aioli, toasted wrap
[1.1, 4, 5, 8, 10, 12]

HONEY AND TRUFFLE BRIE MELT €14.50
Melted brie, caramelised onion, truffle aioli, fresh rocket, honey drizzle, on toasted sourdough bread
[1.1, 4, 5, 10, 12]

CHRISTMAS SAMBO €16.50
Honey-roasted ham, sage and onion stuffing, roast turkey, cranberry sauce, garlic aioli, brie cheese, toasted ciabatta [1.1, 4, 5, 8, 10, 12]

CRANBERRY CRUNCH SALAD €17.00
Baby leaves, red onion, cranberries, roasted hazelnuts, crumbled feta, served with a maple and Dijon mustard dressing
[2.2, 4, 10, 12]
Add chicken €4.00

CHICKEN CAESAR SALAD €19.00
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 €9.00
Served with homemade brown bread
Please ask your server for today's allergen information

WILD MUSHROOM AND CHESTNUT PIE €18.00
Wild mushrooms and roasted chestnuts in a creamy white wine sauce, served in a butter pastry shell and a side of baby leaves
[1.1, 4, 5, 8, 10, 12, 14] [V]

GFP FISH AND CHIPS €22.00
Battered Atlantic haddock, pea purée, coleslaw, tartare sauce, rustic fries
[1.1, 4, 5, 6, 10, 12]

GFP CHRISTMAS ROAST €24.00
Roast turkey, baked ham, sage and onion stuffing, creamy mashed potato, roast root vegetables, Brussels sprouts, served with cranberry sauce and chef's gravy
[1.1, 4, 10, 12, 14]

SIDES

CUP OF SOUP €5.00

RUSTIC FRIES €5.50
Garlic aioli [1.1, 5, 10]

SWEET POTATO FRIES €6.00
Garlic aioli [1.1, 5, 10]

HOMEMADE SIDE SALAD €6.00
Citrus dressing [10, 12]

COLD DRINKS

HOMEMADE SMOOTHIES €6.00
BERRY NICE
Mixed berries, banana, milk, honey [4]
TROPICAL
Papaya, pineapple, mango, kiwi, coconut [8]

KEELINGS FRESH JUICES €4.75
Apple / Orange

KOMBUCHA €6.00

HOMEMADE LEMONADES €7.00
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 €3.00 / Large €6.00
Still or Sparkling

HOT DRINKS

ESPRESSO €3.50

AMERICANO €4.10 | ICED €4.75

CAPPUCCINO [4] €4.75

LATTE [4] €4.75 | ICED €5.00

FLAT WHITE [4] €4.50

MOCHA [4] €4.75

CHAI LATTE [4] €4.60

HOT CHOCOLATE [4] €4.40

GINGERBREAD HOT CHOCOLATE [1.1, 4, 5] €4.50

IRISH BREAKFAST TEA €3.85

TEA SELECTION €4.00
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

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Drinks Menu

RED WINES

125ml / 175ml / Bottle

CODICI MASSERIE PRIMITIVO, PUGLIA, ITALY €6.00 / €8.50 / €35.00
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 €6.50 / €9.00 / €36.00
Elegant notes of liquorice, roasted coffee beans and dark chocolate, melded with fruity aromas of black cherries and a spicy touch of cinnamon. Velvety tannins on the palate [12]

CATENA MALBEC, VISTA FLORES, MENDOZA, ARGENTINA €8.00 / €10.50 / €42.00
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, RUEDA, SPAIN €6.00 / €8.50 / €33.00
Straw-yellow with green hues; bright, fresh, and balanced aromas typical of the variety. Flavourful on the palate, with a very long finish [12]

DE PAULO PINOT GRIGIO, TRIESTE, ITALY €6.00 / €9.00 / €34.00
Straw-coloured, this Pinot Grigio displays a long-lasting fruity bouquet of green apples and pears with underlying minerality [12]

OPAWA SAUVIGNON BLANC, MARLBOROUGH, NEW ZEALAND €7.00 / €10.00 / €40.00
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 AND ROSÉ

SERENA SPAGO, PROSECCO €9.50 / €36.00 *125ml / Bottle*
Brilliant hue and inviting, faintly citrus-like aromas [12]

MARQUÉS DE CÁCERES EXCELLENS ROSÉ €8.50 / €35.00 *175ml / Bottle*
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

COCKTAILS AVAILABLE AS NON-ALCOHOLIC.

MIMOSA €10.50
Prosecco, orange juice
[12]

BELLINI €10.50
Prosecco, peach
[12]

HUGO SPRITZ €12.00
Prosecco, elderflower, lime and mint
[12]

STRAWBERRY SPRITZ €12.00
Marqués de Cáceres rosé wine, wild strawberry, lime and soda
[12]

JINGLE AND MINGLE €12.00
Cranberry juice, fresh lime, prosecco, cranberries and fresh rosemary [12]

BEER

PERONI €6.00

[1.3]

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FLAVOUR IS (ALMOST) EVERYTHING

We believe in flavour. But we also believe in genuine hospitality and an 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 eight locations across Dublin, Meath and Galway.

In 2023, we opened three unique dining concepts inside the iconic Arnotts Dublin department store.

Our fare is shaped by long-standing relationships with Irish producers, sourcing local ingredients through sustainable practices. From farm to 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 nuts) | 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 and ingredients are stored, prepared, and handled in an environment where food allergens are used. We have implemented controls and 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.