

GOURMET FOOD PARLOUR

Communion Season



DUN LAOGHAIRE | DUNSHAUGHLIN | MALAHIDE
SALTHILL | SANTRY | SWORDS

ABOUT GFP

SERVING IRELAND FOR OVER EIGHTEEN YEARS!

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.

Founded in Dun Laoghaire by Lorraine Heskin in 2006.



FOOD IS OUR FOCUS

FINGER-FOOD RECEPTIONS TO
SIT-DOWN DINING BANQUETTES &
EVERYTHING INBETWEEN

KIDS & PARENTS COVERED

Set menus that cater to all
ages and dietary
requirements.
Goodie bags for the little
ones available!



Kids Communion Menu €12 including Juice or Milk

Mini Farmhouse Plate

Sausage, bacon, scrambled egg, toast [1.1, 4, 5, 10, 12]
(Available until 12pm Monday - Friday)

Buttermilk Pancakes

Option 1: Nutella & Strawberry [1.1, 2.2, 4, 5, 8] Option 2:
Strawberry and Maple [1.1, 4, 5, 8]

Sausage & Chips

[1.1, 12]

Goujons & Chips

[1.1, 10, 11]

Chicken Wings & Chips

Plain or spicy [1.1, 4, 5, 8, 9, 10, 11, 12, 14]

Thai Red Sweet Potato & Red Pepper Curry

Steamed basmati rice Add chicken €2 [VE][V] [GF][8, 14]

Pasta

Plain, Tomato or Pesto Add chicken €2 [1.1, 5]

Beef Burger

Premium 4oz smashed burger, with our burger sauce, topped
with American cheese served with rustic fries [1.1, 4, 5]

Selection of Ice Cream

Ask your server [4]

#GFP

Kids Communion Menu

Available to order for children 12 and under

ALLERGENS 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 6
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

GOURMET FOOD PARLOUR COMMUNION MENU

2 course €26 | 3 Course €31

Starters

Soup of the Day

Rustic bread [1,1,4,5,15]

Chicken & Bacon Caesar

Roast chicken, Irish bacon, cos lettuce, parmesan shaving, croutons, Caesar dressing [1,1,4,5,6,8,14]

Louisiana Chicken Wings

Black & white sesame seeds, celery, blue cheese aioli [1,1,4,5,8,11,12,14]

Mains

Cajun Chicken Quesadilla

Tex Mex salsa, cheese sauce, guacamole & sour cream dips, rustic fries [1,1,4,5,8,12]

Irish Beef Burger

Ask server for the restaurants offering

Chicken & Chorizo Linguine

Sundried tomato & shallot prosciutto cream, parmesan & rocket [1,1,4,12] Add garlic bread + €2.00

Thai Red Sweet Potato & Red Pepper Curry

Steamed basmati rice [VE][GF][8,11] Add chicken/prawns [7,2] + €3.00

Desserts

Oreo Chocolate Brownie

Served with fresh cream [2,4,5,8]

Salted Caramel & Chocolate Gateau

[1,1,2,3,4,5,8,11,12]

Carrot & Walnut Cake

[GF][2,3,4,5]

Add a Baileys Coffee to your dessert

+€5 [4]

Please make our staff aware of any specific dietary restrictions you and your party may have. Our chefs will work to accommodate you to ensure there is something for everyone.

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RESTAURANTS • CATERING

COMMUNION MENU



EXTRAS

Personalised cupcakes
from €2.5 per person.

Gourmet cakes and
desserts from €45

Goodie Bags for the kids
from €3 per child

*Complimentary Goodie Bag
for Communion child

CATERING TO YOUR IMAGINATION

06

Birthdays, product launches, corporate affairs or private gatherings, communions and confirmations. We endeavour to provide you with the best menu options, service and atmosphere possible.

WE WELCOME...

Birthdays
Christenings
Communions
Confirmations
Anniversaries
Corporate gatherings
Funerals
Retirement parties
Leaving parties
Hens & Stags
+ much more!

SOMETHING SPECIFIC...

Looking for something a bit different and don't know where to start? Our team of hospitality professionals with their wealth of experience in the events industry are on hand to ensure nothing is overlooked and your event goes off without a hitch!

PRIVATE SPACE

07

While welcoming parties of all sizes to each of our restaurants, some venues offer more intimate areas where you can enjoy your visit in more privacy.

DUN LAOGHAIRE PARLOUR ROOM

- The Parlour Room is available for more intimate affairs accommodating groups of up to 22 guests.

SWORDS PARLOUR ROOM

- The Parlour Room is available for more intimate affairs accommodating groups of up to 16 guests.

SALTHILL UPSTAIRS

- Upstairs is available and has room for the whole family accommodating groups of up to 60 guests.

SANTRY UPSTAIRS

- Upstairs is available and has room for the whole family accommodating groups of up to 60 guests.



**WE LOOK FORWARD TO HOSTING YOUR
NEXT EVENT!**



+353 1 895 7565



Dun Laoghaire, Dunshaughlin,
Malahide, Salthill, Santry &
Swords



reservations@gourmetfoodparlour.com



www.gourmetfoodparlour.com

