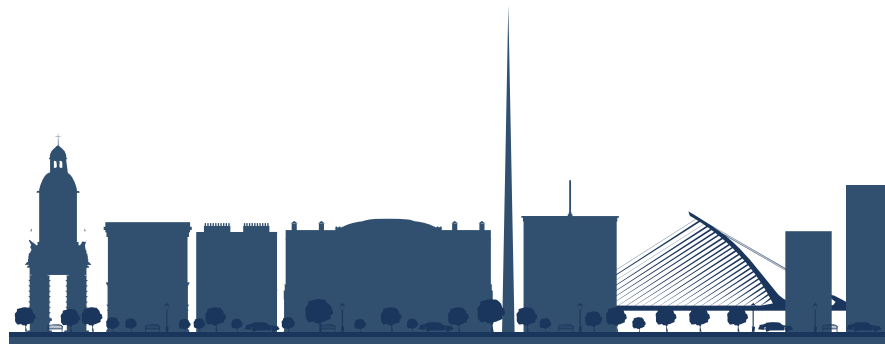


KITCHEN BISTRO



GOURMET FOOD PARLOUR



Light Bites

Soup of the day €8.5
Served with Irish Soda bread [1,1,1,4,4,14]

Heirloom Tomato Bruschetta €10
Whipped feta, basil & cracked black pepper on toasted ciabatta [1,1,4,12][V]

Sandwiches

Roast Chicken Sandwich €12.5
Sage stuffing, crispy bacon, Bulin Blasta smoked onion mayo on toasted Bretzel multi-seed [1,1,1,2,1,4,5,11,12]

Irish Smoked Salmon on Guinness Bread €13.5
Lemon dill cream cheese, pickled red onion & chives [1,1,1,4,4,6]

Salads

Tuscan Chicken Salad €16.5
Garlic & herb roast chicken, mixed leaves, red onion, vine tomatoes, pecorino shavings, croutons & Italian virgin olive dressing [1,1,12]

Classic Chicken & Bacon Caesar €16
Cos lettuce, roast chicken, crispy bacon, croutons, fresh parmesan & basil Caesar dressing [1,1,4,5,6,8,12]

Pasta & Mains

Wild Mushrooms Risotto €18
Sautéed wild mushrooms, creamy pesto, shaved parmesan and freshly cracked pepper [4,12][GF][VE available]

Chicken Parmigiana €19
Lightly breaded chicken topped with marinara sauce and mozzarella cheese. Served with roast baby potatoes and tender-stem broccoli [1,1,4]

Beer Battered Haddock & chips €20
Battered fresh haddock, rustic fries, pea mint puree & tartar sauce [1,1,4,5,6,7]

Lemon & Honey Chicken €11
With garlic & a smoked onion dip [4,5]

Gambas Pil Pil €14
Sautéed in garlic & chilli, served with toasted ciabatta [1,1,7,2]

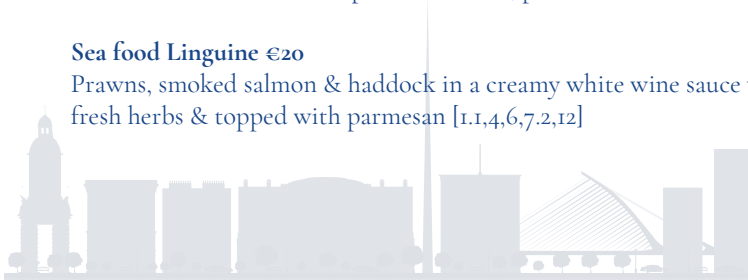
Grilled Goat Cheese Ciabatta €12.5
Red pesto, rocket, caramelised onions [1,1,4,12][V]

Baked Ham & Irish Red Cheddar €12.5
Folláin's tomato relish on toasted Bretzel sourdough [1,1,4,12]

Roasted Squash & Beetroot Mediterranean Salad €15.5
Quinoa, beetroot, butternut squash, pomegranate, mixed leaves, citrus dressing & toasted seeds [1,1,5,11][GF][VE]
add goats cheese +€2
add chicken +€3
add prawns +€3

Chicken & Chorizo Linguine €18.5
Sundried tomato & shallot prosecco cream, parmesan & rocket [1,1,4,12]

Sea food Linguine €20
Prawns, smoked salmon & haddock in a creamy white wine sauce with fresh herbs & topped with parmesan [1,1,4,6,7,2,12]



add a cup of soup +€4

add garlic bread +€2.5 [1,1,4]

Sides

Parmesan & Truffle Fries €6.5
With rosemary salt [1.1, 4, 5]

Rustic Fries €5
With rosemary salt [1.1, 4, 5]

Artisan Breads €7.5
Herb and parmesan butter [1.1, 4, 5]

Patatas Bravas €7.5
Tomato sauce & aioli [1.1, 5]

Desserts

Eton Mess €8
Meringue pieces, fresh cream, berry compote & white chocolate shavings [GF][4,5]

Carrot Cake €8
Lightly spiced gluten free sponge, walnuts & orange cream cheese frosting. Served with fresh cream & seasonal berries [2.1,2.3,4,5][GF]

Warm apple pie €8
Vanilla bean ice cream & Chantilly cream [1.1,4,5]

Cheesecake of the Day €8
Chantilly cream & seasonal berries[1.1,4,8]

Oreo Chocolate Brownie €8
Served warm with chocolate sauce & vanilla bean ice cream [1.1,4,5,8]

Juices & Homemade Smoothies

Keelings Fresh Juices €4.5
Apple / Orange

Berry Nice €6
Mixed berries, banana, milk, honey [4]

Detox €6
Spinach, apple, lemon, coconut milk, fresh mint

Tropicana €6
Papaya, mango, pineapple, passionfruit, coconut milk

Cold Drinks

All About Kombucha €4.5
Ginger & Lemon Organic / Raspberry

Minerals €3.75
Coke / Coke Zero / 7up / 7up Free / Club Orange

Wild Orchard Lemonades €4.5
Classic Lemon/ Pink Lemonade

Fior Uisce Water €2.75 / €5.5
Still or Sparkling

Peroni (330ml) €7.5

Hot Drinks

Espresso €3.2

Latte [4] €4.1

Chai Latte [4] €4.1

Americano €3.6

Flat White [4] €4

Hot Chocolate [4] €4.3

Cappuccino [4] €4.1

Mocha [4] €4.3

Irish Breakfast Tea €3.5

Decaf available on request

Tea Selection €3.75

Camomile / Peppermint /

Earl Grey / Green Tea /

Decaf

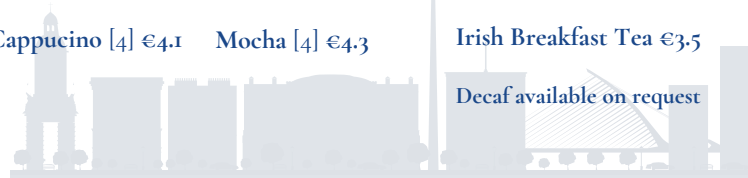
Add a Syrup 50c

Vanilla / Hazelnut [2.2] / Caramel

Alternative Milks 30c

Soy [8] / Almond [2.1] /

Oat Milk [1.4] / Coconut Milk [8]



Aperitifs & Spritzers



Garibaldi [12] €11

Fluffy orange juice, Aperol (NA available)



Sparkling Solero [12] €11

Passionfruit, Giffard white chocolate, prosecco (NA available)



Tropical Highball [12] €11

Killahora Apple Ice Wine, pineapple
Valentia Island Vermouth, soda



GFP Spritz [12] €11

Giffard grapefruit, red ruby grapefruit juice, prosecco



Fresh Spritz of Bel Air [12] €11

Giffard elderflower, peppermint, lime, prosecco



Coole Swan Hardshake [1.1, 4, 5] €11

Frostie-infused Coole Swan Irish Cream, salted caramel, vanilla ice cream

Bubbles & Rosé

Champagne & Prosecco

Bollinger Special Cuvée, Champagne, France [12] €70 Half Bottle / €120 Bottle

Bollinger's style is for structure with racy minerality. The nose opens up with green apple, yeasts and elegant, creamy citrus fruits. The palate is well structured with citrus notes mingling with orchard fruits, and firm with impeccable acidity. Layers of flavour and refined texture, with a lingering finish.

Segura Viudas Brut Reserva Cava [12] €45 Bottle

The prime feature of Brut Reserva Segura Viudas is its elegant and persistent mousse. The aromas are of white fruits, citrus & tropical fruits and light floral notes. The palate is exquisite, complex, and full of flavour, with good acidity and notes of lime and pineapple. It is dry and long on the finish.

Santa Margherita Prosecco Frizzante, Veneta, Italy [12] €9 / €35

Its brilliant hue and inviting, faintly citrus-like aromas lead into a palate that is agreeably fresh and fruity. The light, elegant perlage freshens the palate and makes this wine excellent for pairing even with quite complex dishes.

Rosé

Marques de Caceres Excellens Rosé, Rioja, Spain [12] €9 / 35

The Marques de Caceres 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.



White Wines

Opawa Sauvignon Blanc, Marlborough, New Zealand [12] €9 / €37

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.

De Paulo Pinot Grigio, Trieste, Italy [12] €8.5 / €33

Straw colour, this pinot grigio displays a long lasting fruity bouquet of green apples and pears with an underlying minerality.

Bottle only.

Morgan Bay Chardonnay, California USA [12] €33

This Chardonnay has a bright gold appearance with a fresh clean nose of lemon, pear and apple with hints of vanilla and cinnamon from its barrel ageing. On the palate we meet ripe pear with a slight creamy texture.

Cuatro Rayas Laseca Verdejo, Rueda, Spain [12] €32

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

Red Wines

Doppio Passo Primitivo, Salento Puglia, Italy [12] €7.5 / €32

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.

Maison de La Villette Cabernet Sauvignon, France [12] €8.5 / €33

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.

Catena Malbec, Vista Flores Mendoza, Argentina [12] €10 / €42

Elegantly structured showing ripe blackberry and blackcurrant fruit flavours and plenty of peppery spice, the finish has distinct chocolate notes and crisp, refreshing acidity.

Marques de Caceres Excellens Cuvée Especial Tempranillo, Rioja Spain [12] €9 / €34

Bouquet of ripe fruit and refined oak confirming its meticulous ageing in barrel. Excellens Crianza has an array of delicious flavours and tannins mingle together in perfect harmony resulting in a smooth and elegant Rioja.

At Gourmet Food Parlour, we take pride in using the finest ingredients to create our dishes. For the past 18 years, we have sourced our produce and meats locally whenever possible and continue to be proud to support local farmers and businesses, ensuring the freshest, highest-quality ingredients for your enjoyment.

Some of our local suppliers include
Keeling's Farm, Toonsbridge, Keoghs Farm, Herefordshire Farms

ALLERGEN 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 & 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

