

# GOURMET FOOD PARLOUR

## *Galway Catering*



CORPORATE | PRIVATE EVENTS | SPORTS | WEDDINGS

# ABOUT GFP CATERING

ONE OF IRELAND'S MOST LOVED AND TRUSTED CATERING TEAM.

Whether it is an intimate gathering for friends and family or a large corporate party, our dedicated detail-driven specialists are on hand to look after every aspect of your event, ensuring you are provided with only the freshest fare available in Ireland from producers that care.



# FOOD IS OUR FOCUS

RESTAURANT QUALITY FARE  
FROM PRODUCERS THAT  
CARE. AS FRESH AS WE CAN  
FIND.

COOKED, PACKAGED AND  
DELIVERED BY THE GFP  
CATERING TEAM.

## ARTISAN SHARING BOARDS

A selection of cured meats, Irish  
cheeses, mixed olives, sun-dried  
tomatoes, roasted peppers, fresh  
fruits, house pestos and freshly  
baked artisan breads to satisfy  
your guests.



WE ARE PASSIONATE ABOUT  
ENSURING WE ARE  
**ENVIRONMENTALLY  
RESPONSIBLE** IN ALL AREAS  
OF OUR KITCHEN & BUSINESS.  
OUR GOAL IS TO ELIMINATE  
UNNECESSARY WASTE &  
ENCOURAGE RECYCLING WHERE  
POSSIBLE.



REDUCE  
REUSE  
RECYCLE



# GOURMET FOOD PARLOUR



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# CATERING TO YOUR IMAGINATION

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Weddings, product launches, corporate affairs or private gatherings, communions and confirmations. We endeavour to provide you with the best menu options, service and event organisation in Dublin.

## WE CATER TO...

Birthdays  
Christenings  
Communions  
Confirmations  
Anniversaries  
Funerals  
Retirement parties  
Leaving parties  
+ much more!

## SOMETHING SPECIFIC...

Looking for something a bit different and don't know where to start? Our team of catering professionals with their wealth of experience in the events industry are on hand to point you in the right direction.

## GFP PARTNERS

We are proud to work with Dublin GAA, Olympic Federation of Ireland, Shamrock Rovers FC in addition to Dublin's beautiful and historic Trinity College.

Food is our passion and we always source the best local produce. Each and every dining event will be expertly and efficiently provided to your satisfaction. We would be honoured to be chosen to cater for your event, big or small.

ASK US ABOUT OUR GORGEOUS GFP FOOD TRUCK  
AND CARNIVAL-STYLE MENU!

# ORDERING INFORMATION

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## WE SET THE STANDARD FOR CORPORATE, PRIVATE & EVENT CATERING IN IRELAND

From communication to curation, our dedicated & detail-driven specialists are here to guide you through the planning & execution of a captivating event, whatever the occasion, for you & your guests.

It's why we're the most trusted catering kitchen in Dublin.

## ORDERING INFORMATION

All catering requirements must be confirmed a minimum of 48 hours in advance.

- For any late orders, please call or email us. We will always do our best to fulfil all requests.
- Order and deliver where possible.
- Payment is required prior to delivery on all orders.
- If you require GFP staffing service please allow for €30 per server per hour.
- Delivery charges are subject to location.
- Charges for delivery outside the Galway City area are priced on application.

## ALLERGENS

GFP offers a range of foods that suit those with allergies, intolerances or those who simply want to watch what they eat. Please note our kitchen is not a 100% allergen free environment. For more information, please see page 26.

# BREAKFAST SELECTIONS

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## PLATTERS

### **SWEET & SAVOURY BAKERY PLATTER**

freshly baked mini pastries including mini croissants, pain au chocolate, custard twists  
(1.1, 2, 4, 5, 8)

small platter of 30 pieces, serving up to 10 people | large platter of 60 pieces, serving up to 20 people

### **FRESHLY BAKED FULL SIZE PASTRIES**

(1.1, 2, 4, 5, 8)

Small platter of 10 | Large platter of 20

### **FRESHLY BAKED SCONES**

Small plater of 10 | Large Platter of 20

(1.1, 2, 4, 5)

## INDIVIDUALLY WRAPPED BREAKFAST SANDWICHES

Minimum order 5 of each selected sandwich

**BREAKFAST CIABATTA** – tomato relish, Irish sausages and bacon. Add fried egg at an additional cost (1.1, 5, 10)

**VEGAN BREAKFAST CIABATTA** – vegan sausage, tomato relish, sea salt & garlic sautéed spinach (1.1, 8, 11, 12)

**BREAKFAST WRAP** – scrambled eggs, fresh chive, bacon, tomato relish (1.1, 4, 5, 10)

**VEGETARIAN BREAKFAST WRAP** – scrambled eggs, sea salt & garlic sautéed spinach, sun-dried tomatoes on spinach tortilla wrap (1.1, 4, 5)



# SALADS

Individual salads bowls (minimum 10 portions)  
Small platter feeds 5-6 people | Large platter feeds 8-10 people

## CHICKEN & BACON CEASAR SALAD

Small platter | Large platter  
chicken, crispy bacon, croutons, parmesan, cos lettuce, Caesar dressing  
(1.1, 1.3, 4, 5, 8)

## GOAT CHEESE SALAD

Small platter | Large platter  
rocket, goat cheese, candied walnuts, beetroot, fig, red onion, balsamic dressing  
(2.3, 4, 8, 12) [V]

## SUPERFOOD SALAD

Small platter | Large platter  
quinoa, beetroot, butternut squash, pomegranate, toasted seeds, mixed baby lettuce, citrus dressing  
(11) [VE]

## GARDEN SALAD

Small platter | Large platter  
cherry tomatoes, cucumber, red onion, radish, peppers, mixed leaves, balsamic dressing  
(12) [VE]

## FETA & BEETROOT SALAD

Small platter | Large platter  
crumbled feta, beetroot, red onion, cherry tomatoes, rocket, balsamic dressing  
(4, 12) [V]

## BABY POTATO & CHIVE SALAD

Small platter | Large platter  
baby spinach, mini mozzarella, cherry heirloom tomatoes, basil pesto dressing  
(4)

## EXTRAS / ADD-ONS

### MEAT & SEAFOOD

Single portion | Small platter | Large platter  
roast chicken - streaky bacon - grilled chorizo  
tiger prawns (7.2) - smoked salmon (6)

### VEGETABLES & CHEESE

Single portion | Small platter | Large platter  
feta cheese (4) - goat cheese (4) - falafels - roasted butternut  
squash - roast beetroot







Selection of Gourmet sandwiches & wraps

Small platter feeds up to 6 people | Large platter feeds up to 10 people

Selection of Gourmet wraps

Small platter feeds up to 6 people | Large platter feeds up to 12 people

## SANDWICHES & WRAPS

**Famous Roast Chicken** - Roast chicken, stuffing, garlic aioli, spring onion [1.1, 4]

**Gourmet Ham & Cheese** - Irish ham, Dubliner cheddar, red onion, Dijon aioli [1.1, 4, 5, 10]

**Chicken & Chorizo** - roast chicken, chorizo, Swiss cheese, red onion, rocket, chipotle aioli [1.1, 4, 5, 14]

**Turkey Ruben** - Roast turkey, Swiss cheese, vine tomatoes, mixed leaves, chipotle aioli [1.1, 4, 5, 14]

**GFP Club** - Roast chicken, Irish ham, tomato, lettuce, red onion marmalade, aioli [1.1, 5, 12]

**Pastrami Sandwich** - Pastrami, Swiss cheese, pickles, rocket, chipotle aioli [1.1, 4, 5, 14]

**Cajun Chicken Wrap** - Cajun chicken, Dubliner cheese, red onion, rocket, tomato [1.1, 4, 5, 14]

**Chicken Caesar Wrap** - Roast chicken, Irish bacon, Parmesan, cos lettuce, Caesar dressing [1.1, 4, 5, 8]

**Halloumi** - Halloumi, roast red peppers, red onion, pesto [1.1, 4]

**Goat Cheese** - Goats cheese, sundried tomatoes, rocket, red onion marmalade [1.1, 4, 12]

**Caprese** - Mozzarella, tomato, pesto, rocket [1.1, 4]

**Superfood Wrap** - Quinoa, butternut squash, mixed leaves, hummus, beetroot [1.1, 11]

**Falafel Wrap** - Falafel, hummus, mixed leaves, red onion [1.1, 11]

**Basil Chicken Wrap** - roast chicken, basil, mozzarella, rocket. [1.1, 4]

**Sweet Chilli Chicken Wrap** - roast chicken, sweet chilli sauce, rocket beansprouts [1.1, 8, 11]

# HOT TRAY BAKES

Half tray of 6 portions | Full tray of 15 portions

## **SHEPHERDS PIE |**

lamb, vegetable, rosemary & thyme gravy, topped with creamy mash  
(4, 14)

## **COTTAGE PIE |**

beef, vegetables, rich gravy topped with creamy mash  
(4, 14)

## **BEEF & GUINNESS PIE |**

with creamy mash potatoes  
(1.3, 4, 12, 14)

## **TRADITIONAL BEEF LASAGNE |**

(1.1, 4, 12, 14)

## **CHICKEN PASTA BAKE |**

sun-dried tomato & Prosecco cream sauce - topped with mozzarella  
(1.1, 4, 12)

## **CHICKEN & CHORIZO PASTA BAKE |**

lightly spiced tomato ragout - baby spinach - cherry tomatoes  
(1.1, 14)

## **TRADITIONAL BOLOGNESE IN A PASTA BAKE |**

topped with parmesan shavings  
(1.1, 4, 12, 14)

# VEGETARIAN & VEGAN

## **VEGAN THAI RED CURRY |**

marinated tofu, grilled red & yellow peppers, onion, courgette, bamboo shoots  
served with basmati rice  
[VE] (8)

## **MEDITERRANEAN ROASTED VEGETABLE LASAGNE |**

(half tray 6 portions, large tray 15 portions)  
roasted Mediterranean vegetables in tomato ragout, vegan cheese sauce  
topped with vegan cheese and fresh herbs  
[V] (1.1, 4)

## **WILD MUSHROOM BOURGUIGNON |**

mushrooms, carrots, pearl onions in rich gravy  
served with basmati rice  
[VE]



## GOURMET CAKES

Full-sized freshly baked cakes

### SALTED CARAMEL NUT CAKE |

(1.1, 2.2, 2.5, 4, 5, 8)

### RED VELVET CAKE |

(1.1, 2.2, 2.5, 4, 5, 8)

### LEMON MERINGUE PIE |

(1.1, 2, 4, 5, 8)

### RHUBARB & STRAWBERRY CRUMBLE |

(1.1, 4, 5, 12)

### STRAWBERRY & RED VELVET CHEESECAKE |

(1.1, 4, 5, 8)

## GLUTEN FREE & VEGAN

Full-sized freshly baked cakes

### BLACK FOREST | VE |

(1.1, 2)

### RASPBERRY & WHITE CHOCOLATE ROULADE | GF |

(2.1, 2.2, 2.5, 4, 5)

# DESSERTS



# ALLERGENS GUIDE

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GFP offers a range of foods that suit those with allergies, intolerances or those who simply want to watch what they eat.

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

Please note our kitchen is **NOT** a 100% allergen free environment.



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



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