

GOURMET FOOD PARLOUR

RESTAURANTS · CATERING

À LA CARTE

STARTERS

SOUP OF THE DAY	€8
Ask server for today's flavour and allergens	
GFP CHICKEN WINGS	€10.5
Our famous wings coated in Louisiana or BBQ sauce, served with blue cheese dip & celery [1.1, 5, 8, 10, 11, 12, 14]	
BONELESS CHICKEN BITES	€10.5
Crispy chicken coated in Louisiana or BBQ sauce, served with blue cheese dip and mixed sesame seeds [1.1, 4, 5, 11, 14]	
TORPEDO PRAWNS	€12
Panko-crumbed tiger prawns served with chilli jam, charred lemon [1.1, 7.2]	
ROASTED RED PEPPER HUMMUS	€10
Smoked paprika, artichoke heart, roasted chickpea, garlic & coriander flat bread [1.1, 11]	
PRAWNS PIL PIL	€13.5
Tiger prawns in a garlic chilli butter & white wine sauce served with sourdough toast [1, 2, 4, 7.2, 8, 12]	
ANTIPASTI (SMALL/ SHARING)	€12/€18
Selection of meat and cheese, olives, semi-dried tomatoes, artichoke heart, crackers & grapes, green pesto and hummus dip [1, 2, 4, 8]	

**Gluten free bread available*

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MAINS

SIZZLING CHICKEN FAJITAS Cajun spiced chicken served with flour tortilla wraps, guacamole, tomato salsa & rustic fries [1.1, 8, 10]	€18.5
SMASH BURGER Two premium Irish beef smash burger patties, American cheese, caramelised onion, gherkins, secret sauce & crispy lettuce on a brioche bun, served with rustic fries & onion rings [1.1, 4, 5, 10, 11, 12]	€20
CHICKEN FILLET BURGER Brie cheese, cranberry sauce & rocket on a toasted sesame bun served with sweet potato fries and garlic aioli [1, 4, 8, 11, 12]	€19
CAJUN CHICKEN FILLET BURGER Streaky bacon, baby spinach, crispy onion & secret sauce on a toasted sesame bun served with rustic fries and garlic aioli [1, 4, 5, 8, 11]	€19
MONKFISH & PRAWN RED CURRY Peppers & sweet potato in an aromatic coconut sauce, served with steamed basmati rice [6, 7.2, 8, 11] Vegan option available: Smoked tofu [8] €20	€23
CRISPY DUCK PAPPARDELLE Pappardelle pasta, Shimeji mushrooms & sundried tomatoes in a creamy parmesan sauce with crispy duck [1.1, 4, 5, 12]	€22
CHICKEN SUPREME Lemon & garlic roasted chicken supreme, smoked pancetta creamy mash potatoes, grilled green vegetables, thyme jus [4, 10, 11, 12, 14]	€23
STEAK OF THE EVENING Ask your server for today's cut & sides [15][Ask your server for allergens]	€MP
MARKET FISH See server for today's option [ask your server for allergens]	€MP

SIDES

Sautéed Seasonal Greens €4.5 Garlic butter [4]	Parmesan & Truffle Fries €6.5 [1.1,4]
Garden Salad €5 Rocket, parmesan, sun blushed tomatoes, Balsamic dressing [12,4]	Patatas Bravas €7.5 Spicy tomato sauce & garlic aioli [1.1, 4, 5]

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DESSERTS

€8.5

HOMEMADE CHEESECAKE OF THE DAY

Ask server for today's selection

[1.1, 4, 12, 15]

WARM OREO CHOCOLATE BROWNIE

Served with vanilla bean ice cream & chocolate sauce

[1.1, 2, 4, 5, 8]

APPLE CINNAMON CRUMBLE

Chantilly cream & passionfruit flake

[1.1, 4, 5]

GELATO MARTINUCCI PISTACHIO TRUFFLE

Truffle with pistachio cream centre served with white chocolate sauce

[1.1, 2.1, 2.7, 4, 5]

WHIPPED MASCARPONE TIRAMISU

Traditional Italian dessert served with Chantilly cream

[4, 5] **May contain nuts*

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 beef used in our dishes is 100% Irish.

All precaution is taken while preparing food in our kitchens. Although the allergens listed are accurate for the dishes, our kitchens are not nut free and gluten free environments.

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

www.gourmetfoodparlour.com