

GOURMET FOOD PARLOUR

RESTAURANTS · CATERING

CHEFS' SET MENU

5:00pm - 7:00pm Friday - Sunday
Two Courses €29 or Three Courses €35

STARTERS

GOAT CHEESE BON BON

Roast beetroot, orange segments, beetroot purée, mix baby leaves, citrus dressings [1.1, 4, 5, 12] [V]

CHICKEN WINGS

Crispy chicken wings coated in Louisiana or BBQ sauce, served with blue cheese dip & celery [1.1, 4, 5, 8, 10, 11, 12, 14]

BONELESS CHICKEN BITES

Crispy chicken coated in Louisiana or BBQ sauce, served with blue cheese dip and mixed sesame seeds [1.1, 4, 5, 8, 10, 11, 12, 14]

SELECTION OF BREAD & DIPS

Roast red pepper hummus, basil green pesto, mix olives, flat bread [1.1, 2, 4, 11] [V]

MAINS

PREMIUM SLOW BRAISED BEEF

Slow braised feather blade, creamy mash potatoes, celeriac purée, baby carrots, red wine jus [4, 10, 12, 14]

CHICKEN SUPREME

Lemon & garlic roasted chicken supreme, smoked pancetta creamy mash potatoes, grilled selection of seasonal vegetables, thyme jus [4, 10, 11, 12, 14]

THAI RED PEPPER CURRY

Peppers & sweet potato in an aromatic coconut sauce, served with steamed basmati rice [8, 14] [VE]

Add Smoked tofu +€2 [8]

Add: Chicken +€3

STEAK OF THE EVENING (+€MP)

Ask your server for today's cut & sides [15]

Ask your server for allergens

DESSERTS

SEE SERVER FOR TODAY'S OPTIONS

Ask your server
for tonight's special dishes and drinks

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À LA CARTE

STARTERS

GOAT CHEESE BON BON	€10.5
Roast beetroot, orange segments, beetroot purée, mix baby leaves, citrus dressings [1.1, 4, 5, 12] [V]	
BREAD & DIPS	€8
Roast red pepper Hummus, basil pesto, mix olives, flat bread [1.1, 2, 4, 11] [V]	
GRILLED HALLOUMI SKEWERS	€11
Mix peppers, red onion, cherry tomato served with salsa Verde [4] [V]	
LOUISIANA CHICKEN WINGS	€10.5
Crispy chicken wings coated in Louisiana or BBQ sauce, served with blue cheese dip, celery and mixed sesame seeds [1.1, 4, 5, 8, 10, 11, 12, 14]	
BONELESS CHICKEN BITES	€11
Crispy chicken coated in Louisiana or BBQ sauce, served with blue cheese dip and mixed sesame seeds [1.1, 4, 5, 8, 10, 11, 12, 14]	
PRAWNS PIL PIL	€14
Tiger prawns in a garlic chilli butter & white wine sauce served with sourdough toast [1, 2, 4, 7, 8, 12]	
PANKO CALAMARI	€12.5
Served with sweet chilli sauce & charred lemon [1, 2, 4, 8]	

**Gluten free bread available*

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MAINS

PREMIUM SLOW BRAISED BEEF Slow braised feather blade, creamy mash & celeriac purée, red wine jus [4, 8, 10, 12, 14]	€24
SIZZLING CHICKEN FAJITAS Cajun spiced chicken served with flour tortilla wraps, guacamole, tomato salsa & rustic fries [4, 10, 12, 14]	€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]	€19.5
BUTTERMILK FRIED CHICKEN BURGER Tomato, lettuce, red onion, chipotle aioli, brioche bun, rustic fries & garlic aioli [1.1, 4, 5, 10, 11, 12]	€20
MONKFISH & PRAWN RED CURRY Peppers & sweet potato in an aromatic coconut sauce, served with steamed basmati rice [6, 7, 8, 11] Vegan option available: Smoked tofu [8][VE][V]	€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 selection of seasonal 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 Vegetables €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]

WHITE CHOCOLATE & RASPBERRY ROULADE

Roulade meringue fillet with fresh cream raspberry sauce and white Chocolate Chantilly cream, raspberry gel berries.

[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