

GOURMET FOOD PARLOUR

RESTAURANTS · CATERING

STARTERS

BREADS & DIPS	€6.5
A selection on house dips, olives & fresh bread [1.1, 4, 10, 11][V]	
CARAMELISED BRIE & ONION TART	€10
Crushed pistachio, caramelised fig, chilli honey [1.1, 2.7, 4, 5, 12][V]	
GOATS CHEESE BON-BON SALAD	€8.5
Roast beetroot, orange segments, beetroot puree, mixed baby leaves, citrus dressing [1.1, 4, 5, 12][V]	
BUTTERMILK BONELESS BITES	€9.5
Crispy chicken coated in Louisiana or BBQ sauce, served with garlic aioli [1.1, 4, 5, 8, 10]	
GFP CHICKEN WINGS	€9.5
Our famous wings coated in Louisiana or BBQ sauce, served with blue cheese dip & celery [1.1, 5, 8, 10, 11, 12, 14]	
SALT & PEPPER CALAMARI	€9
Charred lemon, chipotle & lime aioli [1.1, 5, 8, 9.3]	
TORPEDO PRAWNS	€9
Panko crumbed tiger prawns served with chilli jam [1.1, 7.2]	

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

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Ask your server about our daily seafood special

MAINS

CHICKEN SUPREME	€19.5
Lemon & garlic roasted chicken supreme, smoked pancetta creamy mash potatoes, grilled green vegetables, thyme jus [4, 10, 11, 12, 14]	
THAI RED PRAWN CURRY	€19
Peppers & sweet potato in an aromatic coconut sauce, served with steamed basmati rice [6, 7.2, 8, 11] Vegan option available with smoked tofu [8]	
CRISPY DUCK PAPPARDELLE	€18.5
Pappardelle pasta, Shimeji mushrooms, sundried tomatoes in creamy parmesan sauce topped with crispy duck [1.1, 4, 5, 12]	
SMASH BURGER	€18
Two premium Irish beef smash burger patties, American cheese, onions, gherkins, secret sauce & crispy lettuce on a brioche bun, served with rustic fries & onion rings [1.1, 4, 5, 10, 11, 12]	
SWEET & SPICY CRISPY CHICKEN BURGER	€17.5
Sriracha & honey buttermilk chicken with gourmet slaw, served with sweet potato fries [1.1, 4, 5, 8, 11, 12]	
PREMIUM SLOW BRAISED BEEF	€21.5
Slow braised feather blade, creamy mash potatoes, celeriac puree, baby carrots, red wine jus [4, 10, 12, 14]	
STEAK OF THE EVENING	€MP
Ask your server for todays cut & sides [4, 12]	
SEAFOOD DISH OF THE EVENING	€MP
Ask your server for todays fresh catch [ask server for allergens]	

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SIDES

Sautéed Wild Mushrooms [4]	€4.5	Buttered Fine Beans [4]	€4
Garden Salad [12]	€4	Parmesan Fries [1.1,4]	€5
Sautéed Seasonal Vegetables [4]	€4	Rustic Fries [1.1]	€4.5
Mashed Potatoes [4]	€4	Onion Rings [1.1,4]	€4

DESSERTS

GOURMET MESS	€8
White chocolate meringue, berries, chantilly cream [4, 5, 8]	
OREO CHOCOLATE BROWNIE	€8
Served warm with chocolate sauce & vanilla bean ice cream [1.1, 2, 4, 5, 8]	
CHEESECAKE OF THE DAY	€8
Chantilly cream & fresh berries [1.1, 4, 12, 15]	
STICKY PUD	€8
Steamed toffee pudding with caramel sauce & vanilla bean ice cream [1.1, 4, 5]	
COOKIE PIE	€8
Skillet baked chocolate chip cookie topped with marshmallows, chocolate sauce & vanilla bean ice cream [1.1, 4, 5, 8]	

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.