

# GOURMET FOOD PARLOUR

RESTAURANTS · CATERING

## Lunch Menu

### Light Bites

#### SOUP OF THE DAY €7.5

Served with fresh bread [1.1, 4, 11]

#### BONELESS CHICKEN BITES €9

Plain, Louisiana, or BBQ bourbon sauce, garlic aioli or blue cheese dip [1.1, 4, 5, 8]

#### GFP CHICKEN WINGS €9.5

Louisiana sauce or BBQ bourbon sauce, garlic aioli or blue cheese dip [1.1, 4, 5, 8, 10, 11, 12, 14]

### Mains

#### CAJUN CHICKEN QUESADILLAS €18

Monterey Jack cheese, Tex-Mex salsa, guacamole & sour cream dips, rustic fries [1.1, 4, 5, 8, 12]

#### GFP CHICKEN WINGS €17.5

Louisiana or BBQ bourbon sauce, rustic fries, garlic aioli or blue cheese dip [1.1, 4, 5, 8, 10, 11, 12, 14]

#### HEREFORD IRISH BEEF BURGER €18.5

Crispy bacon, cheddar, caramelised onion, tomato relish, gherkin, fris e salad, garlic aioli, brioche bun and rustic fries [1.1, 4, 5, 10, 12]

#### BUTTERMILK FRIED CHICKEN BURGER €18.5

Tomato, lettuce, red onion, chipotle aioli, brioche bun, rustic fries [1.1, 4, 5, 10]

#### CHICKEN & CHORIZO LINGUINE €18.5

Sundried tomato & shallot prosecco cream, parmesan & rocket [1.1, 4, 12]  
Add garlic bread +€2.50

#### THAI RED SWEET POTATO & RED PEPPER CURRY €16.5

Steamed basmati rice [VE] [V] [GF] [8, 14, 15]  
Add Chicken+€3 / Add Prawns [7.2] +€4

\*Dishes marked: Upgrade to Sweet Potato Fries or Waffle Fries +€1

### Sides

For all fries, choose a dip from BBQ, garlic aioli, blue cheese, chipotle aioli [1.1, 5]

#### RUSTIC FRIES €4.5 [1.1]

#### SWEET POTATO FRIES €5.25 [1.1]

#### WAFFLE FRIES €5.5 [1.1]

#### PATATAS BRAVAS €7.5

Salsa, aioli [1.1, 5]

#### HOUSE SIDE SALAD €6

Tossed green salad

### Sandwiches

#### TRIPLE DECKER CLUB SANDWICH €14

Roast chicken, crispy bacon, tomato, Dubliner cheddar, free range egg, mixed leaves, pesto mayonnaise, toasted bloomer [1.1, 1.2, 4, 5]

#### FAMOUS ROAST CHICKEN €12.5

Roast chicken, crispy bacon, stuffing, garlic aioli, spring onion, rye bread [1.1, 4, 5, 8, 11]

#### CAJUN CHICKEN WRAP €12.5

Cajun chicken, Monterey Jack cheese, red onion, rocket, tomato, toasted wrap [1.1, 4, 5, 8, 10]

#### LOUISIANA CHICKEN WRAP €13

Louisiana chicken goujons, cos lettuce, red onion, blue cheese aioli, toasted wrap [1.1, 4, 5, 8]

#### GFP HAM & CHEESE €12

Pulled ham, Dubliner cheddar, Ballymaloe relish [1.1, 4, 10]

#### SUPERFOOD WRAP €11.5

Halloumi, avocado, roast beets, spinach, grated carrot, pumpkin seeds, honey mustard dressing, toasted beetroot wrap [V] [1.1, 4, 10]

#### TOASTED GOATS CHEESE CIABATTA €12.5

Goats cheese, sundried tomatoes, rocket, red onion marmalade, toasted ciabatta [V] [1.1, 4, 12]

#### SANDWICH OF THE WEEK

Ask server for more information  
Gluten free bread available

#### SANDWICH ADD-ONS

Cup of Soup of the Day €3.5  
Cheddar Cheese [4] €2  
Irish Bacon €3  
Roast Chicken €3

### Salads & Bowls

#### GRILLED SESAME HALLOUMI BOWL €16

Sesame crusted halloumi, jasmine rice, slow-roasted peppers, fresh avocado, tomato, red kidney beans, ginger & honey salsa [GF] [V] [4, 8, 11]

#### CHICKEN & BACON CAESAR €16

Roast chicken, Irish bacon, cos lettuce, parmesan shaving, croutons, Caesar dressing [1.1, 4, 5, 6, 8, 14]

#### SUPERFOOD SALAD €15.5

Quinoa, beetroot, butternut squash, pomegranate, mixed leaves, citrus dressing, toasted seeds [VE] [V] [GF] [8]

#### GOATS CHEESE SALAD €15.5

Candied walnuts, beetroot, fig, red onion, rocket, balsamic dressing [V] [2.3, 4, 12]

#### ADD-ONS

Halloumi [4] | Avocado €2.6 | Chicken €3.6 | Prawns [7.2] €4

### Juices & Smoothies

#### KEELINGS FRESH JUICES €3.75

Fresh apple & orange juice

#### HOMEMADE SMOOTHIES €6

##### Berry

Mixed berries, banana, milk [4]

##### Tropical

Papaya, pineapple, mango, kiwi, coconut milk

### Cold Drinks

#### ALL ABOUT KOMBUCHA €4.5

Ginger & Lemon Organic / Raspberry

#### MINERALS €3.75

Coke / Coke Zero / 7up / 7up Free / Club Orange

#### SAN PELLEGRINO €3.75

Lemon / Blood Orange

#### WILD ORCHARD LEMONADES €4.5

Cloudy / Pink

#### FIOR UISCE WATER €2.5 / €5

Still or Sparkling Small/Large

### Hot Drinks

Featuring our full bodied Parlour House Blend

#### ESPRESSO €3

#### AMERICANO €3.6

#### CAPPUCCINO [4] €4.1

#### LATTE [4] €4.1

#### FLAT WHITE [4] €4

#### MOCHA [4] CHAI LATTE [4] €4.3

#### HOT CHOCOLATE [4] €4.1

#### IRISH BREAKFAST TEA €3.5

#### 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 [1.4] / Coconut [8]

Decaf available on request

Swords

# GOURMET FOOD PARLOUR

RESTAURANTS • CATERING

## Lunch Menu

### 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.

[www.gourmetfoodparlour.com](http://www.gourmetfoodparlour.com)

---

(A discretionary service charge of 10% will be added to the bill for parties of 8 or more. 100% of tips go to our wonderful staff!)

We always endeavour to make sure your GFP experience is as seamless as possible, but we are only human! If we do make a rare mistake please bear with us and we'll rectify for you as quickly as possible!