

# GOURMET FOOD PARLOUR

## *Catering*



CORPORATE | PRIVATE EVENTS | SPORTS | WEDDINGS

# ABOUT GFP CATERING

WE'RE DUBLIN'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.



# GOURMET FOOD PARLOUR



ABOUT GFP CATERING	02
FINGER FOOD	09
ARTISAN CHARCUTERIE	10
SANDWICHES	11
GFP FAVOURITES	13
SALADS	14
ROASTS & SIDES	16
HOT BUFFET	17
HOT TRAY BAKES	18
VEGAN & VEGETARIAN	19
BREAKFAST SELECTIONS	21
BREAKFAST BUFFET	22
FRUITS & SNACKS	23
REFRESHMENTS	24
DESSERTS	25
ALLERGENS GUIDE	27
CONTACT	28
THANK YOU	28

# CATERING TO YOUR IMAGINATION

05

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 BBQ MENUS!

# ORDERING INFORMATION

06

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

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 Dublin 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.



MICHAL MAZUR  
EXECUTIVE HEAD CHEF



DAVE COONEY  
CATERING KITCHEN MANAGER



MICHAL GARDAS  
HEAD CHEF



VINCENZO CUCCHIARA  
ASSISTANT KITCHEN MANAGER



NIAMH HANON  
SALES & EVENTS MANAGER



CARMEL RYAN  
BUSINESS DEVELOPMENT  
MANAGER



LINDA BARTON  
PRIVATE & SPECIAL EVENTS



BOGDAN BORCEA  
OFFICE CATERING



FRESH FARE  
BY A TEAM  
THAT CARES



# #GFP FAVOURITES

## SELECTION OF GFP WRAPS

Available to order from our SANDWICHES & WRAPS menu



## BREAKFAST SANDWICHES

Available to order from our BREAKFAST menu





# FINGER FOOD

Choose 3 options €13,50pp | Choose 4 options €17,50pp |  
Choose 5 options €21,50pp  
Minimum order 20 people.  
Each person will receive 1 full portion as described below, for each chosen option.

**PORK MEATBALLS IN STICKY BBQ CHILLI**  
maple glaze - sesame seeds (3 per portion) (5, 8, 10)

**VEGAN THAI STYLE CHIA & KALE FRITTERS**  
chimichurri soy yoghurt [VE] (2 per portion)

**SHALLOT & CHICKPEA CRISPY BHAJIS**  
vegan curry mayo [VE] (2 per portion) (8)

**WILD MUSHROOM & MOZZARELLA ARANCINI**  
garlic aioli (2 per portion) (1.1, 4, 5, 8, 12)

**BEEF & CHORIZO MEATBALLS**  
rich marinara sauce (3 per portion) (8, 10)

**CAJUN CHICKEN SLIDERS**  
smoked applewood cheddar - red pepper aioli  
(1 per person) (1.1, 4, 5, 10)

**BEEF SLIDER**  
Dubliner cheddar - tomato relish (1 per portion) (1.1, 4, 5)

**LAMB SLIDER**  
mint & yoghurt raita (1 per portion) (1.1, 4, 5, 10)

**SWEET & STICKY COCKTAIL SAUSAGES**  
(4 per portion) (1.1, 8, 10, 12)

**CAJUN CHICKEN SKEWER WRAPPED IN PANCETTA**  
roasted red pepper aioli (2 per portion)

**FALAFEL SLIDER**  
chilli hummus [VE] (1 per portion) (1.1, 8, 11)

**SPICY LOUISIANA CHICKEN WINGS**  
celery sticks - blue cheese dip (4 per portion) (1.1, 4, 14)

**BBQ CHICKEN WINGS**  
celery sticks - garlic aioli (4 per person) (1.1, 10, 14)

**MINI FISH CAKES**  
lemon aioli (2 per portion) (1.1, 4, 5, 6, 11)

**TERYIAKI SALMON SKEWER**  
sesame seeds - sweet chilli & lime dipping sauce  
(1 per person) (6, 8, 10, 11, 14)

**CHILLI & GARLIC PRAWN SKEWERS**  
Marie Rose sauce

**LAMB KOFTAS**  
homemade tzatziki (2 per portion)



09

CAJUN CHICKEN SKEWER  
WRAPPED IN PANCETTA

# ARTISAN CHARCUTERIE

10

## CHARCUTERIE GRAZING BOARD

Small €55 | Large €90

(small serves 5-6 | Large serves 8-10)

selection of cured meats - cheeses - mixed olives - sun-dried tomatoes - roasted peppers  
crackers - hummus - red pesto - basil pesto

## THE FISHERMAN

Small €60 | Large €95

(small serves 5-6 | Large serves 8-10)

smoked salmon - tiger prawns - dressed crab meat with lime & dill - Marie Rose sauce  
lime cream cheese - Guinness bread

## THE MEATY ONE

Small €50 | Large €85

(small serves 5-6 | Large serves 8-10)

roast turkey - roast ham - chicken - pastrami - apple chutney - chilli jam

## CHEESEBOARD

Small €55 | Large €90

(small serves 5-6 | Large serves 8-10)

selection of handpicked Irish & French cheeses - olives - crackers - grapes - chutney - tomato relish

## ARTISAN BREADS

Small €25 | Large €45

(small serves 8-10 | Large serves 18-20)

selection of freshly baked sourdough, chorizo bread & jalapeño & cheddar loaf - Irish butter





# GOURMET SANDWICHES & WRAPS

## Chefs Selection of Gourmet sandwiches & wraps

Small platter feeds up to 6 people €45 | Large platter feeds up to 10 people €75

## Chefs Selection of Gourmet wraps

Small platter feeds up to 6 people €40 | Large platter feeds up to 12 people €75

## Individually Wrapped Gourmet Sandwiches & Wraps €8 each

**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)

**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)

**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)

**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 11 11)

## Chefs Selection of Classic Sandwiches

Small platter feeds up to 5 people €32.50, Large platter feeds up to 8 people €50

Ham & Cheese (1.1, 4, 5), BLT (1.1, 5), Chicken, salad (1.1, 5), Egg mayo, ham (1.1, 4, 5), Chicken, stuffing (1.1, 4), Turkey, Swiss cheese (1.1, 4), Ham, lettuce, tomato (1.1, 5), Egg Mayo & Spring Onion (1.1, 4, 5), Hummus & Salad (1.1, 11), Cheese & Salad (1.1, 4), Plain Cheese (1.1, 4)

Bespoke Gourmet Finger Sandwiches (minimum order 30 people)  
 Choose 3 options for €9.50 per person | Choose 5 options for €14.50 per person

## GOURMET FINGER SANDWICH SELECTIONS

**Shaved Pastrami** - parmesan cheese, rocket, wasabi mayo, sour dough (1.1, 4, 5)

**Irish Ham** - Dubliner Cheddar, Tomato Relish, white bread (1.1, 4, 5, 8, 10)

**Roast chicken** - Herby Homemade stuffing, garlic aioli, wholemeal bread (1.1, 5, 8)

**Roast turkey** - brie cheese, baby spinach, chipotle aioli, mini bun (1.1, 4, 5, 8)

**Pepper salami** - smoked Carrigaline cheese, rocket, basil pesto, focaccia bread (1.1, 4, 5, 8, 11)

**Smoked Salmon** - dill & lime cream cheese, cucumber, multisided bread (1.1, 4, 6, 8)

**Tuna** - red peppers, lime & chive aioli, white bread (1.1, 4, 5, 6, 8, 10)

**Serrano ham** - goats cheese mousse, fig, candy walnut, soda bread (1.1, 2.3, 4)

**Basil chicken wrap** - feta cheese, baby spinach, sun dried tomato, beetroot wrap (1.1, 4)

**Cajun chicken wrap** - Dubliner cheddar, rocket, red onion, tortilla wrap (1.1, 4, 8, 11)

**Smoked salmon wrap** - citrus cream cheese, avocado, spinach wrap (1.1, 4, 6)

**Avocado wrap** - vegan cheese, spinach, sun dried tomatoes, chilli jam, beetroot wrap (1.1)

**Goats' Cheese & Caramelised red onion** - rocket, sun dried tomatoes, multisided bread (1.1, 2, 4, 8)

**Egg mayonnaise** - spring onion, mini bun (1.1, 5, 8)

# GFP FAVOURITES

Minimum order 10 people

Each dish comes with a side. Substitutions allowed upon request

**100% IRISH HEREFORD BEEF STROGANOFF | €13.00pp**

Julienne of Beef with Mushrooms, Onions & Pickles in a rich creamy sauce served with basmati rice  
(4, 10, 12)

**100% IRISH HEREFORD SPICY BEEF MEATBALLS | €12.50pp**

rich marinara sauce - parmesan shavings - pesto drizzle served with spaghetti  
(1.1, 5, 14)

**IRISH HEREFORD BEEF & GUINNESS STEW | €13.50pp**

with baby carrots & pearl onions served with creamy mash  
(1.3, 4, 12, 14)

**MOROCCAN STYLE LAMB STEW | €14.00pp**

cooked with red peppers & chickpeas in a spicy tomato ragout served with basmati rice & harissa yoghurt  
(4, 12)

**LAMB BALTI | €14.00pp**

cooked with red peppers, chopped tomatoes and cardamom served with basmati rice  
(8, 14)

**SLOW COOKED LAMB, VEGETABLE & LENTIL TAGINE | €14.00pp**

served with aromatic couscous  
(10, 14)

**KORMA | CHICKEN €12.50pp or BEEF €13.50pp**

with onions, toasted almonds served with basmati rice  
(4, 8)

**THAI RED CURRY | Chicken €12.50pp, Beef €13.50pp or Prawn €13.50pp**

with red & yellow peppers, onions and bamboo shoots served with basmati rice  
(8)

**THAI GREEN CURRY | Chicken €12.50pp, Beef €13.50pp or Prawn €13.50pp**

with green peppers, onions, courgettes and bamboo shoots served with basmati rice  
(8)

**CHICKEN PROSECCO | €12.50pp**

chicken with broccoli and sundried tomatoes in creamy prosecco & parmesan sauce served with basmati rice  
(4, 12)



Individual salads bowls €10 each

Small platter feeds 5-6 people | Large platter feeds 8-10 people

## CHICKEN & BACON CEASAR SALAD

Small platter €27.50 | Large platter €35

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

## GOAT CHEESE SALAD

Small platter €30 | Large platter €37.50

rocket, goat cheese, candied walnuts, beetroot, fig, red onion, balsamic dressing  
(2.3, 4, 8, 12)

## SUPERFOOD SALAD

Small platter €30 | Large platter €37.50

quinoa, beetroot, butternut squash, pomegranate, toasted seeds, mixed baby lettuce, citrus dressing  
(11)

## GARDEN SALAD

Small platter €22.50 | Large platter €30

cherry tomatoes, cucumber, red onion, radish, peppers, mixed leaves, balsamic dressing  
(12)

## FETA & BEETROOT SALAD

Small platter €25 | Large platter €32.50

crumbled feta, beetroot, red onion, cherry tomatoes, rocket, balsamic dressing  
(4, 12)

## CAPRESE SALAD

Small platter €30 | Large platter €37.50

baby spinach, mini mozzarella, cherry heirloom tomatoes, basil pesto dressing  
(4)

## EXTRAS / ADD-ONS

### MEAT & SEAFOOD

Single portion €3.00 | Small platter €12.50 | Large platter €20  
roast chicken - shaved pastrami - streaky bacon - grilled chorizo  
tiger prawns (7.2) - smoked salmon (6)

### VEGETABLES & CHEESE

Single portion €2.50 | Small platter €10.00 | Large platter €17.50  
feta cheese (4) - goat cheese (4) - falafels - roasted butternut  
squash - cooked beetroot

## RAINBOW CABBAGE SLAW

Small platter €22.50, Large platter €30  
red & white cabbage, carrots, red onion, lemon aioli  
(4, 5, 10)

## PESTO PASTA SALAD

Small platter €27.50 | Large platter €35  
pasta, basil pesto, rocket, sun-dried tomatoes, parmesan shaving  
(1.1, 4, 8)

## BABY POTATO & CHIVE SALAD

Small platter €22.50 | Large platter €30  
baby potatoes, chive, spring onion, wholegrain mustard aioli  
(4, 5, 8, 10)

## ORZO PASTA SALAD

Small platter €30 | Large platter €37.50  
orzo pasta, watercress, red onion, peppers, mixed olives, feta cheese, garlic & herbs, olive oil  
(1.1, 4, 8)

## RICE NOODLE SALAD

Small platter €30 | Large platter €37.50  
rice noodles, spring onion, mixed peppers, grated carrots, toasted sesame seeds, sesame orange & sweet chilli dressing  
(8, 11)

## CHICKPEA SALAD

Small platter €27.50 | Large platter €35  
roast chickpeas, cucumber, red onion, watercress, feta cheese, citrus dressing  
(4)

## ASIAN SLAW

Small platter €25 | Large platter €32.50  
Chinese cabbage, grated carrots, red peppers, bean sprouts, toasted sesame seeds, soy & sesame dressing  
(8, 11)





CAPRESE SALAD

FRESH SEASONAL SALADS

# ROASTS & SIDES

Minimum order 10 of each selected item | Choose your meat and two (2) sides

## MEAT

### ROAST CHICKEN FILLET | €14.50pp

A – chimichurri chicken stuffed with beef tomatoes, basil pesto & buffalo mozzarella cheese with a rich tomato & roasted red pepper sauce (4, 12, 14)

B – stuffed with Clonakilty black pudding with a creamy brandy & black pepper sauce (1.1, 4, 12, 14)

C – with onion & thyme stuffing & homemade gravy (1.1, 4, 12)

### BRAISED FEATHER BLADE OF IRISH BEEF | €16.50pp

with red wine jus (12)

\*minimum 20 people, 72 hours' notice required\*

### ROSEMARY & HONEY ROAST LAMB | €16.50pp

served with herby gravy (12)

### BUTTER BASTED ROAST TURKEY | €14.50pp

served with herby gravy (4,14)

### HONEY & MUSTARD ROAST HAM | €13 50pp

served with parsley sauce (1.1, 4, 10)

### MAPLE GLAZED LAMB SHANKS | €16.50pp

served with rosemary lamb jus (12)

\*72 hours notice required\*

### SLOW ROAST BEEF | €16.00pp

served with homemade herby gravy (12)

## SIDES

(from €3.75pp, minimum order 10 portions of each)

### POTATOES & RICE

boiled baby potatoes

sea salt & rosemary roasted potatoes

creamy mash potatoes (4)

creamy chorizo mash potato (4)

potato gratin (4)

patatas bravas (1.1)

patatas bravas & chorizo (1.1)

steamed basmati rice

egg & spring onion fried rice (5)

### VEGETABLES

grilled seasonal green vegetables

honey glazed roasted rainbow carrots

honey & thyme roasted root vegetables

roasted Mediterranean vegetables

steamed broccoli & toasted almonds (2.1)

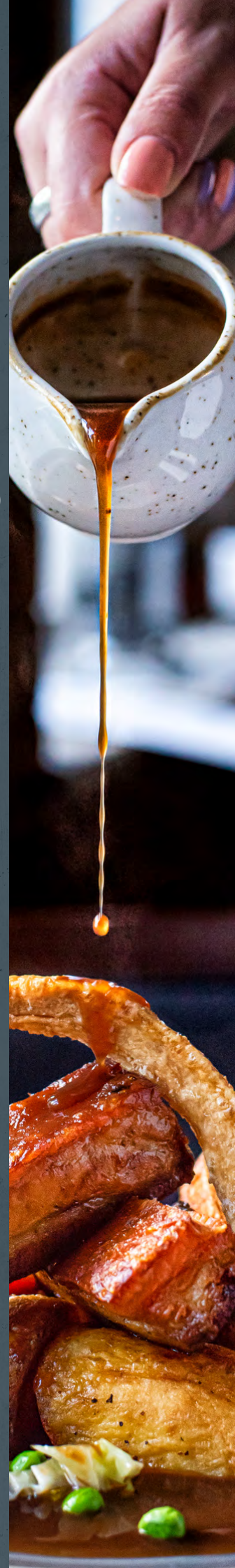
chilli & lime roasted cauliflower

stir-fried soy & sesame oriental vegetables (1.1, 8, 11)

### BREAD

selection of freshly baked artisan mini bread loafs & butter (1.1, 4)

small 15 pieces €17.50 | large 30 pieces €30





# HOT BUFFET

17

Minimum order 10 people  
Each dish comes with a side. No substitutions

**CLASSIC BAKED ENCHILADAS | €13.00pp**

Spiced chicken & stir-fried vegetables, in a soft tortilla, baked in tomato sauce & topped with cheddar cheese, served with dips (salsa - sour cream - guacamole) & seasoned patatas bravas.

**BEEF BURRITOS | €13.00pp**

Tortilla wraps stuffed with lightly spiced beef mince, cheddar cheese, kidney beans & rice served with a side of sour cream, salsa & seasoned patatas bravas  
(1.4, 14)

**SLOW COOKED SHREDDED LOUISIANA CHICKEN | €13.00pp**

served with brioche bun, blue cheese aioli, crisp shredded lettuce, tomato, red onion & seasoned patatas bravas  
(1.1, 4, 12, 14)

**LIME & CORIANDER FAJITAS | Chicken €13.00pp Prawn €13.50pp**

served with soft floured tortillas, stir fried vegetables & dips (sour cream, salsa & guacamole)  
(1.1, 4, 14)

**SLOW COOKED SHREDDED BEEF IN HOMEMADE GRAVY | €14.00pp**

shredded lettuce, tobacco onion, sliced pickles, grated cheese  
served with soft bread roll  
[1.1, 4, 12]

**HEREFORD BEEF BURGER | €13.00pp**

brioche bun, streaky bacon, Dubliner cheddar, crispy lettuce, beef tomatoes, red onion, garlic aioli, tomato relish  
served with seasoned patatas bravas.  
(1.1, 4, 5, 10)

**SLOW COOKED PULLED PORK TACOS | €12.50pp**

served with mini soft tortillas, tomato salsa, cheddar cheese, sour cream  
(1.3, 4, 14)

**BAKED FILLET OF HAKE | €15.00pp**

served with creamy mash potatoes, steamed veg & Prosecco cream sauce, sundried tomatoes (upgrade your mash for just €1 to a chorizo creamy mash)  
(4, 5, 12)

**ROAST FILLET OF COD | €15.00pp**

grilled asparagus, lemon & caper butter sauce  
served with baby boiled potatoes in herby butter  
(4, 12)

**STICKY ASIAN MARINATED SALMON | €15.00pp**

soy, ginger, chilli, Asian greens, served with fried rice  
(1.1, 8, 11)

**SALMON FILLET | €15.00pp**

dill crushed new potatoes, citrus beurre blanc, tenderstem broccoli  
(4, 5, 12)



# HOT TRAY BAKES

18

Half tray of 6 portions | Full tray of 15 portions

**SHEPHERDS PIE | €75 / €170**

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

**COTTAGE PIE | €75 / €170**

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

**BEEF & GUINNESS PIE | €80 / €185**

with creamy mash potatoes  
(1,3, 4, 12, 14)

**TRADITIONAL BEEF LASAGNE | €60 / €140**

(1,1, 4, 12, 14)

**CHICKEN, SUN-DRIED TOMATO, SPINACH & BASIL LASAGNE | €60 / €140**

(1,1, 4)

**CHIPOTLE CHICKEN PASTA BAKE | €65 / €150**

caramelised shallots - roast cherry tomatoes - creamy chipotle sauce  
(1,1, 4)

**CHICKEN PASTA BAKE | €65 / €150**

sun-dried tomato & Prosecco cream sauce - topped with mozzarella  
(1,1, 4, 12)

**CHICKEN & CHORIZO PASTA BAKE | €60 / €140**

lightly spiced tomato ragout - baby spinach - cherry tomatoes  
(1,1, 14)

**TRADITIONAL BOLOGNESE IN A PASTA BAKE | €60 / €140**

topped with parmesan shavings  
(1,1, 4, 12, 14)



# VEGETARIAN & VEGAN

19

Minimum order 6 people

GREEK FALAFEL WRAPS | €10.00pp

Toasted falafels served on a bed of spicy ratatouille, tomato ragout. Side of tortilla wraps, shredded lettuce and tzatziki (vegan yoghurt available on request)

[V] [1.1, 4, 12, 14]

SWEET POTATO, RED PEPPER & CHICKPEA CASSOULET | €10.00pp

served with basmati rice

[VE, GF] (14)

VEGAN THAI RED CURRY | €10.00pp

marinated tofu, grilled red & yellow peppers, onion, courgette, bamboo shoots

served with basmati rice

[VE] (8)

PASTA BAKE | €60 / €140

(half tray 6 portions, large tray 15 portions)

roasted Mediterranean vegetables in tomato ragout, parmesan mozzarella cheese

[V] (1.1, 4)

MEDITERRANEAN ROASTED VEGAN LASAGNE | €60/€140

roasted Mediterranean vegetables in tomato ragout, vegan cheese sauce topped with vegan cheese and fresh herbs

[VE] [1.1, 8, 12, 14]

WILD MUSHROOM BOURGUIGNON | €10.00pp

mushrooms, carrots, pearl onions in rich gravy

served with basmati rice

[VE]

ORIENTAL STIR-FRIED NOODLES | €10.00pp

soy & chilli marinated tofu, grilled vegetables, crunchy bean sprouts, toasted sesame seeds

[VE] (1.1, 8, 11)

GRILLED PORTOBELLO MUSHROOM | €10.00pp

stuffed with wilted baby spinach & served with gorgonzola sauce, side of sea salt & rosemary roast baby potatoes'

[V] (4, 8)

ROASTED RED, GREEN & YELLOW PEPPERS | €10.00pp

stuffed with Mediterranean-style aromatic couscous & tomato sauce

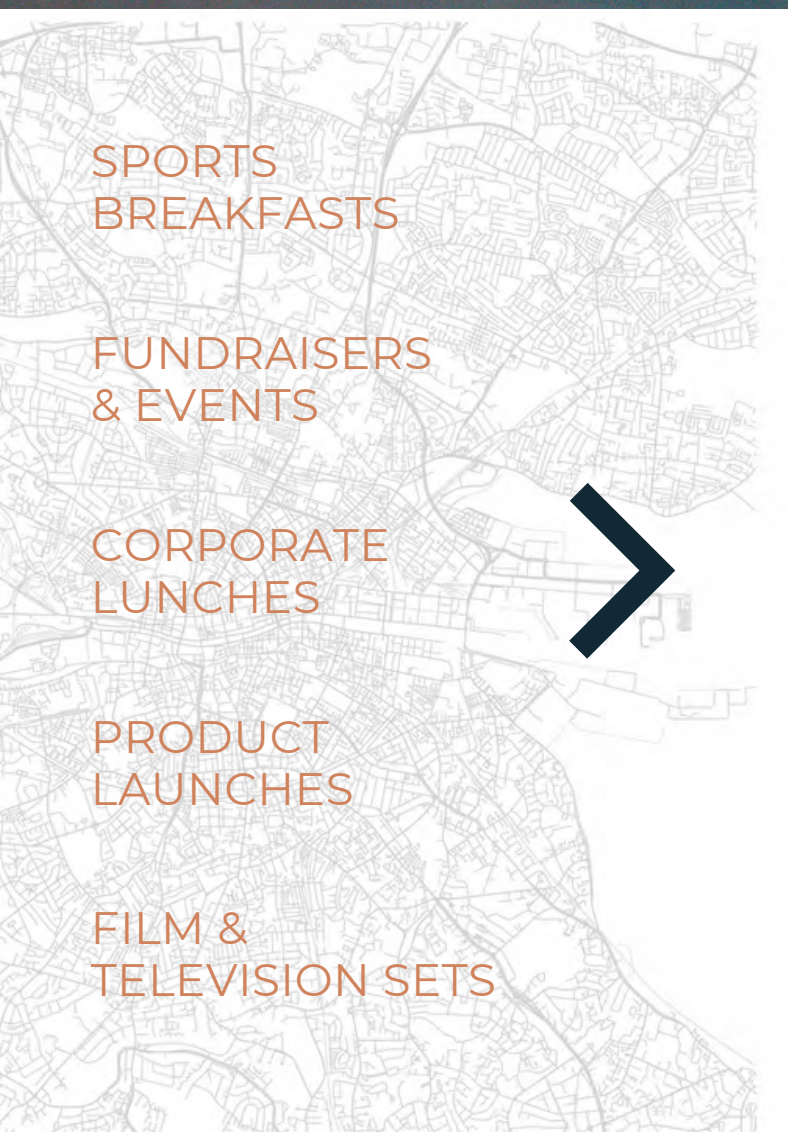
[V] (1.1)





# #GFP

## BREAKFAST



SPORTS  
BREAKFASTS

FUNDRAISERS  
& EVENTS

CORPORATE  
LUNCHES

PRODUCT  
LAUNCHES

FILM &  
TELEVISION SETS



# BREAKFAST SELECTIONS

21

## 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 €35 | large platter of 60 pieces, serving up to 20 people €75

### **MINI MUFFIN & DOUGHNUT PLATTER**

includes chocolate muffins, blueberry muffins  
salted caramel doughnuts, red fruit doughnuts, chocolate & hazelnut doughnuts  
(1.1, 2.2, 4, 5, 8)

small platter of 30 pieces, serving up to 10 people €40 | large platter of 60 pieces, serving up to 20 people €75

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

(1.1, 2, 4, 5, 8)

Small platter of 10 €35 | Large platter of 20 €65

### **FRESHLY BAKED HOMEMADE COOKIES**

(1.1, 4, 5, 8)

Small platter of 10 €25 | Large platter of 20 €45

### **FRESHLY BAKED SCONES**

Small plater of 10 €30 | Large Platter of 20 €55

(1.1, 2, 4, 5)

### **FRESHLY BAKED SAVOURY MINIATURES**

Box of 20 pieces €60 | Choose 2 options

Croissant stuffed with Dijon mayonnaise, ham, cheese, lettuce (1.1, 4, 5, 8, 10, 11)

Croissant stuffed with avocado, tomato, boiled egg, chives [V] (1.1, 4, 5, 8, 11)

Mini bagel with crispy bacon, lettuce, tomato, mayonnaise (1.1, 4, 5)

Mini bagel with dill cream cheese, smoked salmon, cucumber, rocket (1.1, 4, 5, 6)

## INDIVIDUALLY WRAPPED BREAKFAST SANDWICHES | €8

Minimum order 5 of each selected sandwich

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

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

**VEGAN BREAKFAST WRAP** – smashed avocado, vegan sausage, sautéed mushrooms, tomatoes on beetroot tortilla wrap (1.1, 8, 11, 12)

**BREAKFAST ROLL** – tomato relish, sausage and bacon on soft blaa roll. Add fried egg €2.50 (1.1, 5, 10)

**VEGETARIAN BREAKFAST ROLL** – tomato & chilli jam, vegan sausage, sautéed spinach on soft blaa roll  
- Add fried egg €2.50 (1.1, 4, 8, 12)

**BREAKFAST BAGEL** - bacon, smashed avocado, red onion,, rocket, fried egg. (1.1, 4)

**BREAKFAST GRANARY BAP** - turkey rashers, tomato & chilli jam, avocado, baked egg, rocket (1.1, 4, 8, 11)

**SMOKED SALMON BAGEL** - cucumber, onion, rocket, cream cheese (1.1, 4, 6, 8, 11)

# BREAKFAST BUFFET

22

## A CLASSIC BUFFET SET-UP WITH HOT & COLD STATIONS

### **FARMHOUSE** | €13.00pp (minimum order for 10pp)

fried eggs with fresh chive, sausage, bacon, black & white Clonakilty pudding, homemade onion & chive potato rosti, Irish tomato relish, freshly baked mini bread loafs, Irish butter  
(1.1, 4, 5, 8, 10, 11, 12)

### **WOODLAND** | €11.00pp (minimum order for 10pp)

fried eggs with fresh chive, homemade onion & chive potato rosti, baked tomatoes, herby fried mushrooms, Irish tomato relish, freshly baked mini bread loafs, Irish butter  
(1.1, 4, 5, 8, 10, 11)

### **RISE & SHINE** | €12.00pp (minimum order for 10pp)

fried eggs with fresh chive, turkey rashers, baked tomatoes, herby fried mushrooms, smashed avocado, tomato & chilli jam, freshly baked mini bread loafs, Irish butter  
(1.1, 4, 5, 11)

### **OMELETTES** | €9.00 (minimum order 5 of each selected)

· Irish baked ham, Dubliner cheddar, fresh spring onion  
served with tomato relish, freshly baked mini bread loafs & Irish butter  
(1.1, 4, 5, 10, 11)

· roast chicken, chorizo, red onion, mozzarella cheese  
served with tomato relish, freshly baked mini bread loafs & Irish butter  
(1.1, 4, 5, 10, 11)

## BREAKFAST EXTRAS / ADD-ONS (minimum of 5 per portion)

€3.50 per portion | 2x pork sausages (1.1, 8, 12), 2x bacon rashers, 4x turkey rashers, black & white Clonakilty pudding (1.1, 1.3), 2x vegan sausages (1.1, 8, 12), 2x vegetarian white Clonakilty pudding slices

€2.50 per portion | 2x fried egg, 2x baked egg (5), homemade onion & chive potato rosti (1.1, 5), smashed avocado, baked beef tomatoes, sea salt & garlic sautéed spinach (4), fried mushrooms with herbs

€1.00 per portion | tomato & chilli jam, Irish tomato relish (10)

Selection of freshly baked artisan mini bread loafs & butter

Small platter of 15 pieces €17.50 | Large platter of 30 pieces €30



# FRUIT & SNACKS

23

Minimum order 5 of each selected item

## FRESH FRUIT SALAD POT | €3.75

seasonal selection

## YOGHURT & GRANOLA POT | €3.75

Greek-style yogurt, homemade crunchy granola  
berry coulis  
(1.1, 2, 4, 12)

## ACAI POT | €3.75

fruity yoghurt, peanut butter, chia seeds  
chocolate, coconut  
(3, 4)

## FRESH FRUIT PLATTER | €35.00 (serves 10)

seasonal selection

## HOMEMADE GRANOLA BARS | €3.50

made with dried fruits & nuts  
(1.1, 2.1, 2.2, 3, 8, 12)

## ORANGE & COCONUT ENERGY BALLS | €3.00

(1.4)

## CHOCOLATE & BUENO OVERNIGHT OATS | €4.00

(1.1, 2.1, 2.2, 2.3, 3, 4)

## PEANUT BUTTER & BANANA OVERNIGHT OATS | €4.00

(1.1, 3, 4)

## RASPBERRY & WHITE CHOCOLATE OVERNIGHT OATS | €4.00

(1.1, 4)

## BANANA BREAD SLICE | €3.00

(1.1, 5)



HOUSE GRANOLA BARS

# REFRESHMENTS

23

Minimum order 5 of each selected item

## HOMEMADE SMOOTHIES & JUICES

Strawberry & rhubarb smoothie | €4.00

Tropical fruit smoothie | €4.00

Apple & kiwi smoothie | €4.00

Freshly squeezed orange juice | €3.00

Apple juice | €3.00

Daily Greens – spinach, apple, celery, ginger & lime cold pressed juice | €4.25

Heartbeet – beetroot, apple, carrot, pomegranate, ginger & lime cold pressed juice (14) | €4.25

## MINERAL WATERS | €2.00

River Rock Still

River Rock Sparkling

## SOFT DRINKS | €2.75

Coke, Coke Zero, Diet Coke, Sprite, Sprite Zero, Fanta Orange

San Pellegrino Lemon, San Pellegrino Blood Orange

## KOMBUCHA BOTTLE | €3.75

Orange & lemon, Raspberry & rose hip, Sencha tea

Pear with matcha tea, Ginger & lemongrass

## TEA & COFFEE

3ltr (15cups)

Coffee €33.75 | Tea €26.00

4ltr (20cups)

Coffee €45.00 | Tea €35.00

5ltr (25cups)

Coffee €55.00 | Tea €42.50

All tea & coffee will come with disposable cups, stirrers, milk and sugar  
(alternative milks available upon request at additional charges)



## GOURMET CAKES

Full-sized freshly baked cakes

**CHOCOLATE FUDGE CAKE | €35.00**

(1.1, 2, 4, 5, 8)

**APPLE CRUMBLE | €35.00**

(1.1, 4, 5, 12)

**APPLE & STRAWBERRY CRUMBLE | €35.00**

(1.1, 4, 5, 12)

**RHUBARB & STRAWBERRY CRUMBLE | €35.00**

(1.1, 4, 5, 12)

**LEMON MERINGUE PIE | €35.00**

(1.1, 2.1, 4, 5)

**WHITE CHOCOLATE & RASPBERRY CHEESECAKE | €45.00**

(1.1, 4, 5, 8)

**IRISH LIQUEUR BROWNIE CHEESECAKE | €45.00**

(1.1, 4, 5, 8)

**STRAWBERRY & RED VELVET CHEESECAKE | €45.00**

(1.1, 4, 5, 8)

**SALTED CARAMEL ROULADE | €35.00**

(4, 5)

## GLUTEN FREE & VEGAN

Full-sized freshly baked cakes

**CHOCOLATE FUDGE CAKE | GF | €40.00**

(4, 5, 8)

**CARROT CAKE | GF, VE | €40.00**

(2.3)

**RASPBERRY ROULADE | GF | €35.00**

(4, 5)

**BLACKCURRANT & PROSECCO CHEESECAKE | GF | €45.00**

(4, 8)

**CHOCOLATE & COCONUT TART | VE | €45.00**

(2, 8, 12)

## DESSERTS





## DESSERT CANAPÉS

Small box of 30 pieces €75 | Large box of 60 pieces €150  
Choose 3:

### BELGIAN CHOCOLATE CHEESECAKE

(1.1, 4, 5, 8)

### RASPBERRY CHEESECAKE

(1.1, 4, 8)

### BAKED VANILLA CHEESECAKE

(1.1, 4, 8)

### SICILIAN LEMON TARTLETS

(1.1, 4, 5, 8)

### MINI MACARONS

(2, 4, 5, 8)

### CARAMEL & PECAN BROWNIE

(1.1, 3, 4, 5, 8, 13)

## DESSERT BITES

A selection of house favourites below

Small platter of 25 pieces €40 | Large box of 36 pieces €55

### TOFFEE CAKE

(1.1, 4, 5, 8, 12)

### APPLE CRUMBLE

(1.1, 4, 5, 12)

### CARROT CAKE

(2.3, 4, 5)

### BAILEYS CHEESECAKE

(1.1, 4)

### CHOCOLATE FUDGE

(1.1, 2, 4, 5, 8)

### PECAN BROWNIE

(1.1, 3, 4, 5, 8, 13)

### MINI MUFFINS & DOUGHNUTS

(1.1, 2, 4, 5, 8)



# ALLERGENS GUIDE

27

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!**



+353 1 895 7565



D9, Santry Business Park, Santry,  
Dublin, D09 A2Y7



[catering@gourmetfoodparlour.com](mailto:catering@gourmetfoodparlour.com)



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



**DUBLIN**

IRELAND

© 2016 G.F.P.