

WELCOME TO



GOURMET FOOD PARLOUR

RESTAURANTS • CATERING

ALLERGEN KEY

The above MENU contains allergens, as indicated in the key below.

1. CONTAINS GLUTEN (1.1 Wheat 1.2 Rye 1.3 Barley 1.4 Oats) | 2. CONTAINS 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. CONTAINS PEANUTS | 4. CONTAINS MILK |
5. CONTAINS EGGS | 6. CONTAINS FISH | 7. CONTAINS CRUSTACEANS (7.1 Crab
7.2 Prawns 7.3 Lobsters 7.4 Crayfish) | 8. CONTAINS SOYBEANS | 9. CONTAINS
MOLLUSCS (9.1 Mussels 9.2 Oysters 9.3 Squid 9.4 Snails) | 10. CONTAINS
MUSTARD | 11. CONTAINS SESAME SEEDS | 12. CONTAINS SULPHUR DIOXIDE &
SULPHITES | 13. CONTAINS LUPIN | 14. CONTAINS CELERY
[GF] GLUTEN FREE • [V] VEGETARIAN • [VE] VEGAN

Customers: All products & ingredients are stored, prepared, and handled in an environment where food allergens are used. We have implemented controls & procedures through our HACCP System to reduce the risk of cross-contamination, but we cannot guarantee the absence of allergen ingredient transfer. We have screened the ingredients in our dishes for the direct allergens the contain.

DINNER MENU —

Sharing small plates

CHICKEN WINGS €11.5

Louisiana chicken wings, celery sticks, blue cheese aioli
[1.1, 4, 5, 8, 10, 11, 12, 14]

HERB-CRUSTED TIPPERARY BRIE €12

Panko and herb-coated Tipperary Brie, apricot and fig preserve, toasted sourdough
and spiced walnut crumble
[1.1, 2.3, 4, 5, 12]

ROASTED RED PEPPER HUMMUS €11

Smoked paprika, artichoke hearts, olives, roasted chickpeas served with
garlic-crusted sourdough bread
[1.1, 11,] [VE] [GF] option available

CITRUS DUCK SALAD €12

Warm confit duck with pink grapefruit, mixed leaves, candied pecans, membrillo
dressing, and celeriac crisp
[2.5, 8, 12]

HOMEMADE FRIED CRISPY CALAMARI €13

Served with Nduja aioli
[1.1, 4, 5, 9.3,]

PRAWNS PILL PILL €14

Sautéed in garlic, chilli & smoked paprika, served with crusty sourdough bread.
[1.1, 4, 5, 8, 10]

HOT HONEY CRISPY CHICKEN €11.5

Served with garlic aioli. [1.1, 4, 5, 8, 11]

STEAK & ONION CROQUETTES €12

Slow-braised beef croquettes, caramelised onion, peppercorn mayo
[1.1, 4, 5, 12]

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

DINNER MENU —

Main Course

SLOW-BRAISED IRISH BEEF €28

Feather blade braised in red wine, served with creamy mash, black sesame French beans, glazed heritage carrots, rich port jus [4, 8, 10, 11, 12, 14]

CHICKEN SUPREME €24

Lemon and garlic roasted chicken supreme with creamy mash, charred tender stem broccoli, smoked bacon and leek cream sauce [4, 8, 12, 14]

GFP SMASH BURGER €22

Two premium Irish beef patties, American cheese, caramelised onion, pickles, secret GFP sauce, brioche bun, rustic fries [1.1, 4, 5, 8, 10]

WILD MUSHROOM BOURGUIGNON €23

Wild mushrooms, porcini bourguignon with served with potato gnocchi.
[1.1, 8, 12] [VE]

SALMON & PRAWN RISOTTO €24

Creamy risotto, lemon zest, fresh herbs
[4,6,7.2,12] [GF]

10OZ RIB EYE STEAK €39

10oz Rib Eye Steak, creamy mash, grilled portobello mushroom, asparagus, onion rings. Jamson peppercorn sauce, garlic Irish butter.
[1.1, 4, 10, 12]

PORCINI MUSHROOM & CRISPY DUCK PASTA €23

Wild mushrooms, porcini prosecco creamy sauce, fresh tagliatelle pasta topped with stracciatella, crispy duck and basil-infused oil.
1.1, 4, 8, 10, 12

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DINNER MENU —

PIZZA

CLASSIC MARGHERITA €14.5

San Marzano tomato sauce, buffalo mozzarella, fresh basil
[1.1, 4]

THE HILL OF TARA €16

San Marzano tomato sauce, buffalo mozzarella, The Wooded Pig garlic Salami
[1.1, 4]

THE ITALIANO €17

San Marzano tomato sauce, buffalo mozzarella, The Wooded Pig garlic salami, red onion, sun-dried tomatoes, basil pesto
[1.1, 4]

BBQ BLAST €16.5

BBQ base, Cajun chicken, red onion, roasted peppers, buffalo Mozzarella
[1.1, 4, 10]

PEPERONI PICANTE €16

San Marzano tomato sauce, buffalo mozzarella, The Wooded Pig pepperoni, Nduja, drizzle with hot honey
[1.1, 4]

CAPRICIOSA €15.5

San Marzano tomato sauce, buffalo mozzarella, honey-baked Irish ham, portobello mushroom, black kalamata olives, artichoke hearts
[1.1, 4]

PIZZA FRIDAYS

Pint of Peroni or a Glass of Wine
& Any Pizza

ONLY €20

EVERY FRIDAY

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