

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 —

Starters

CHICKEN WINGS €11.5

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

HOMEMADE FRIED CRISPY CALAMARI €11

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

PRAWNS PILL PILL €13

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]

CRISPY POLENTA FRIES €10 [V]

Golden polenta fries, parmesan dust, rosemary salt, smoked tomato aioli

SEAFOOD CHOWDER €10.5

chowder made with fresh seafood, and fragrant herbs in a creamy broth served with
crusty sourdough bread. [1.1, 4, 6, 12, 14] [GF] option available

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

Sides

Parmesan fries [1.1, 4] €4,5

Sautéed French beans with soy & sesame seeds [8.11] €3.5

Sweet fries [1.1] €4.5

Creamy mash [4] €4

DINNER MENU —

Main Course

SLOW-BRAISED IRISH BEEF €25

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]

STEAK OF THE EVENING

Ask your server for today's cut & sides [4, 12]

WILD MUSHROOM & CRISPY DUCK PASTA €22

Wild mushrooms, porcini, Prosecco creamy sauce, fresh tagliatelle pasta topped with stracciatella, crispy duck, and basil-infused oil. [1.1,4,5,8,12]

GFP SMASH BURGER €21

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

GRILLED HALLOUMI BURGER €20

Roasted Red peppers, Pico de Gallo, crispy lettuce, brioche bun, basil mayonnaise, served with sweet potato fries
[1.1, 4, 5, 8] [V]

BUTTERNUT SQUASH RISOTTO 18€

A velvety coconut milk risotto infused with roasted butternut squash and a hint of chilli, topped with toasted pumpkin seeds. [VE] [12,14]

SLIZZLING CHICKEN FAJITAS €19

Sizzling chicken fajitas with seasoned peppers and onions, served with rustic fries, warm tortilla wraps, fresh guacamole, and sour cream.
[1.1,4, 8, 10]

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