



# GOURMET FOOD PARLOUR

Lunch Menu €35pp

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## Prosecco to Start

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### SOUP OF THE DAY

Served with crusty sourdough  
[1.1, 4, 11] [V]

### BONELESS CHICKEN BITES

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

### GFP CHICKEN WINGS

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

### TORPEDO PRAWNS

Panko tiger prawns served with chilli jam  
[1.1, 7.2]

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### CAJUN CHICKEN QUESADILLAS

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

### GFP SMASH BURGER

Two premium Irish beef patties, American cheese, caramelised onion, pickles, secret GFP sauce, brioche bun, rustic fries [1.1, 4, 5, 8, 10]  
Add an extra patty with cheese + €3.5

### CHICKEN CHORIZO LINGUINE

Prosecco & cream sauce, sundried tomatoes, rocket, fresh parmesan  
[1.1, 4, 5, 8, 12, 14]

### PROTEIN SALMON BOWL

Ballycotton Oak Smoked Salmon, fragrant rice, slow roast peppers, fresh avocado, pickled red onion, edamame beans, black sesame seeds, spicy jerk mayo drizzle  
[1.1, 4, 5, 6, 8, 10, 11] [GF]

Vegan option: Change for hot honey grilled tofu +€2.5 [VE] [8]

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### TO FINISH

Choose from our selection of coffee, iced coffee or tea

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#### Prosecco to Start

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#### Starters

**PORCINI & TRUFFLE ARANCINI**

Porcini mushrooms, parmesan & truffle stuffed risotto bites served with truffle aioli, parmesan crisp  
[1.1, 4, 5, 8, 12] [V]

**PEACH & STRACCIATELLA SALAD**

Maple caramelised peach, stracciatella, watercress, rocket, crushed pistachios, crunchy sourdough [1.1, 2.7, 4, 12] [GF]

**LOUISIANA CHICKEN WINGS**

Black & white sesame seeds, celery, blue cheese aioli  
[1.1, 4, 5, 8, 10, 11]

**BRAISED BEEF CROQUETTES**

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

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#### Mains

**SLOW-BRAISED IRISH BEEF**

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**

Lemon and garlic roasted chicken supreme with creamy mushroom sauce, smoked bacon crumb, mash potato, tender stem broccoli [4, 8, 12, 14]

**GFP SMASH BURGER**

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

**PRAWN & NDUJA RIGATONI**

Tiger prawns, Nduja, caramelised shallots, sundried tomato, prosecco & cream sauce topped with freshly grated Parmesan & herb crumb.  
[1.1, 4, 5, 7.2, 12]

**ASPARAGUS & SPINACH RISOTTO**

Asparagus, baby spinach, green peas & mint risotto, toasted seeds, rocket. [2.7] [VE][GF]

**CHEF'S SPECIAL**

Please ask your server

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#### Dessert

Macarons, vanilla & raspberry cheesecake, crushed meringue, raspberry gel, chocolate strawberries  
[1.1, 2, 3, 4, 5, 8, 15]