

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.

Starters

CHICKEN WINGS €11.5

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

ROASTED BEETROOT HUMMUS €11

Beetroot hummus, maple-roasted beetroot, charred red peppers, spiced crispy chickpeas, citrus olive oil and toasted seeds. Served with crusty sourdough bread
[1.1, 8, 11, 12]

CRISPY DUCK & WHIPPED FETA CHEESE €13

Crispy duck, oven-roasted peppers, whipped feta, hot honey chilli drizzle, crispy kale
[1.1, 4, 5, 8]

SALT & PEPPER SQUID €12

Crispy squid, spring onion, chilli, soy & lime chipotle aioli
[1.1, 8, 9.3, 12]

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]

BRAISED BEEF CROQUETTES €12

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

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 mushroom sauce, smoked bacon crumb, mash potato, tender stem broccoli
[4, 8, 12, 14]

GFP SMASH BURGER €22

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, 12]

10OZ RIB EYE STEAK €39

10oz Ribeye Steak, creamy mash, grilled portobello mushroom, and onion rings. Jameson peppercorn sauce, garlic, and Irish butter
[1.1, 4, 10, 12]

TUSCAN DUCK RIGATONI €24

Rigatoni in a velvety Tuscan tomato and paprika cream sauce, baby spinach and blistered cherry tomatoes, topped with golden crispy duck and freshly grated Parmesan
[1.1, 4, 5, 8, 12, 14]

Add sourdough garlic bread [V][1.1] **€2.5**

SPRING GREENS AND PEA RIGATONI €22

Tender asparagus, broccoli, grilled courgette, and baby spinach in a light garden pea & mint sauce. Finished with fresh mint and toasted seeds
[VE] [1.1, 8, 11, 12, 14]

Add sourdough garlic bread [V][1.1] **€2.5**

CATCH OF THE WEEK

Please ask your server for more information

Sides

CONNOISSEUR RUSTIC FRIES [1.1] **€4.5**

SWEET POTATO FRIES [1.1] **€5.25**

WAFFLE FRIES [1.1] **€5.5**

CRISPY TATER TOT POTATOES [1.1] **€5.5**

CREAMY MASH [4] **€4.5**

BUTTERED SEASONAL VEGETABLES [4] **€4.5**

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 —

PIZZA

CLASSIC MARGHERITA €15

San Marzano tomato sauce, buffalo mozzarella, fresh basil

[1.1, 4]

THE HILL OF TARA €16

San Marzano tomato sauce, Fior di Latte mozzarella, buffalo mozzarella, garlic & fennel salami

[1.1, 4]

BBQ BLAST €16.5

San Marzano, BBQ braised beef, Fior di Latte mozzarella, buffalo mozzarella, red onion, roasted red pepper

[1.1, 4]

PISTACHIO E STRACIATELLA €17

San Marzano tomato sauce, Fior di Latte mozzarella, pistachio mortadella, crushed pistachios, rocket, stracciatella

[1.1, 2.7, 4]

PEPERONI PICANTE €17

San Marzano tomato sauce, Fior di Latte mozzarella, spicy pepperoni, drizzled with hot honey

[1.1, 4]

ROMA CRISPY CAESAR €16

White sauce, Fior di Latte mozzarella, roasted chicken, smoked crispy streaky bacon, fresh grated parmesan, crispy lettuce drizzled with Caesar dressing

[1.1, 4]

**All pizzas are served with our famous buttermilk garlic dip*

PIZZA THURSDAY

Pint of Peroni or a Glass of Wine
& Any Pizza

ONLY €20

EVERY THURSDAY

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