

# GOURMET FOOD PARLOUR

RESTAURANTS • CATERING

## DUNSHAUGHLIN MENU

### 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 they contain.

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

(A discretionary service charge of 10% will be added to the bill for parties of 8 or more. 100% of tips go to our wonderful staff!)

Thank you for choosing Gourmet Food Parlour. We hope you enjoyed your meal and had a wonderful experience. Your support means the world to us, and we look forward to welcoming you back soon. Have a great day!

## SIGNATURE DISHES

### SWEET POTATO BENEDICT €17

Crispy sweet potato, wilted spinach, smashed avocado, chilli-lime drizzle, hollandaise, poached eggs  
[1.1, 4, 5, 8, 12, 14]

### FARMHOUSE PLATE €18

Creamy free-range scrambled eggs, Irish bacon, Clonakilty black & white pudding, pork sausages, chive and onion potato cake, tomato relish, granary toast  
[1.1, 1.3, 1.4, 4, 5, 10, 11]

### KICKSTART BREAKFAST €16.5

Free range poached eggs, Irish bacon, overnight roasted tomato, chive and onion potato cake, smashed avocado, granary toast  
[1.1, 1.3, 4, 5, 10, 11]

### WOODLAND BREAKFAST €17

Scrambled eggs, onion & chive potato cake, grilled portobello mushrooms, overnight roasted tomatoes, avocado, granary toast  
[1.1, 1.3, 4, 5, 10, 11]

### GOURMET VEGAN AVOCADO TOAST €17

Thick-sliced sourdough, smashed avocado, sautéed baby spinach, grilled portobello mushroom, overnight roasted tomato, roasted beetroot mousse  
[V] [VE] [1.1, 8, 10, 11]  
Add poached eggs [5] +€2.5  
Add streaky bacon +€3.5

### GFP BREAKFAST ROLL €13

Soft Roll, grilled bacon, pork sausages, fried eggs with Guinness Smoked Tomato Ketchup  
Add Black or White Pudding €3.50  
[1.1, 1.4, 5, 10, 12, 14]

### BREAKFAST BURRITO €14.5

Scrambled eggs, slow-cooked spiced beef, crispy tater tots, cheddar, pico de gallo, chipotle mayo in a toasted wrap  
[1.1,4,5,10]

## AÇAÍ BOWL

with our Homemade Granola Base [1, 8]

### BUILD YOUR OWN €9.5

FRUITS:	DRIZZLE:	TOPPINGS:
CHOOSE 2	CHOOSE 1	CHOOSE 2
- Strawberry	- Peanut Butter [3]	- Chia seeds
- Banana	- Honey	- Flax seeds
- Blueberry	- Chocolate[2, 4, 8, 11]	- Goji berries
- Kiwi	- Hazelnut Sauce [2.2]	- Coconut flakes
		- Granola [1, 2, 12]

## DUNSHAUGHLIN BREAKFAST MENU

*All of our breakfasts are freshly cooked using local Irish suppliers*

*Served until 12pm*

## BRIOCHE BENE

### LOUISIANA CHICKEN BENEDICT €17.5

Buttermilk fried chicken in Louisiana sauce, free-range poached eggs, hollandaise sauce served on brioche toast  
[1.1, 4, 5, 8, 10]

### GRILLED BACON EGGS BENEDICT €16

Grilled Irish bacon, free-range poached eggs, hollandaise sauce, on brioche toast [1.1, 4, 5, 8]

## SOMETHING SWEET

## BUTTERMILK PANCAKES €16

### BACON MAPLE

Irish streaky bacon & vanilla-infused maple syrup [1.1, 4, 5]

### PROTEIN PANCAKES

Oat pancakes with Kinetica protein, Greek yoghurt, berry compote, honey [1.1, 1.4, 4, 5, 8, 12]

### KINDER BUENO & STRAWBERRY

with hazelnut sauce and crushed Kinder Bueno bar  
[1.1, 2.2, 4, 5, 8, 12]

## ADD-ONS

PORK SAUSAGES [1.1] €3.5

BACON €3.5

BLACK / WHITE PUDDING  
[1.4] €3.5

CHORIZO €2

BAKED MIXED BEANS €3

## 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

## LUNCH MENU

### LIGHT BITES

#### SOUP OF THE DAY €9

Served with fresh bread [1.1, 4, 11]

#### BONELESS CHICKEN BITES €11

Plain, Louisiana, or BBQ bourbon sauce, garlic aioli or blue cheese dip

[1.1, 4, 5, 8, 11, 14]

#### GFP CHICKEN WINGS €11

Louisiana sauce or BBQ bourbon sauce, garlic aioli or blue cheese dip

[1.1, 4, 5, 8, 10, 11, 12, 14]

#### LOADED CRISPY POTATOES €8.5

Crispy tater tots, topped with tomato salsa and melted mozzarella cheese [V] [1.1, 4, 12, 14]

Add braised beef €3

## SANDWICHES

#### TRIPLE DECKER CLUB SANDWICH €15.5

Roast chicken, crispy bacon, tomato, Dubliner cheddar, free range egg, mixed leaves, pesto mayonnaise, toasted white bread

[1.1, 1.2, 4, 5]

#### FAMOUS ROAST CHICKEN €14

Roast chicken, stuffing, garlic aioli, spring onion, granary bread [1.1, 4, 5, 8, 11]

#### LOUISIANA CHICKEN WRAP €14

Louisiana chicken goujons, cos lettuce, red onion, blue cheese aioli, toasted wrap [1.1, 4, 5, 8]

#### SUPERFOOD WRAP €13.5

Halloumi, avocado, roast beets, spinach, grated carrot, pumpkin seeds, honey mustard dressing, toasted beetroot wrap [V] [1.1, 4, 10]

#### SANDWICH OF THE WEEK

Ask server for more information

#### SANDWICH ADD-ONS

Cup of Soup of the Day €4 | Cheddar Cheese [4] €2 |

Irish Bacon €3 | Roast Chicken €3

*\*Gluten free bread available*

## AÇAÍ BOWL

with our Homemade Granola Base [1, 8]

### BUILD YOUR OWN €9.5

FRUITS:	DRIZZLE: CHOOSE 1	TOPPINGS:
CHOOSE 2	- Peanut Butter [3]	CHOOSE 2
- Strawberry	- Honey	- Chia seeds
- Banana	- Chocolate [2, 4, 8, 11]	- Flax seeds
- Blueberry	- Hazelnut Sauce [2.2]	- Goji berries
- Kiwi		- Coconut flakes
		- Granola [1, 2, 12]

## MAINS

#### CAJUN CHICKEN QUESADILLAS €19.5

Monterey Jack cheese, Tex-Mex salsa, guacamole & sour cream dips, connoisseur rustic fries\*

[1.1, 4, 5, 8, 12]

#### GFP SMASH BURGER €21

Two premium Irish beef patties, American cheese, caramelised onion, pickles, crispy lettuce, secret GFP sauce, brioche bun, connoisseur rustic fries \* [1.1, 4, 5, 8, 10, 12]

Add an extra patty with cheese +€3.5

#### CHICKEN CHORIZO LINGUINE PASTA €22

Prosecco creamy sauce, sundried tomatoes, rocket, fresh parmesan

[1.1, 4, 5, 8, 12, 14]

#### GFP CHICKEN FILLET ROLL €19.5

Crispy chicken fillet coated in chilli hot honey, Monterey Jack cheese, streaky bacon, crispy lettuce, red cabbage slaw, smoked onion mayonnaise on a soft white roll, served with crispy tater tots\*

[1.1, 4, 5, 8, 10, 11]

#### BIRRIA BEEF TOASTIE €18

Slow-braised beef, melted American cheese, pickled onion, rustic baguette, beef dipping jus served with connoisseur rustic fries\*

[1.1, 4, 12]

*\*Dishes marked: Upgrade to Sweet Potato Fries or Waffle Fries +€1*

### TODAY'S GOURMET CHEF SPECIAL

Please ask your server for more information.

## BOWLS & SALADS

#### KOREAN CHICKEN RICE BOWL €20

Panko crispy chicken, Korean BBQ glaze, basmati rice, avocado, crispy kale, pickled cucumber, ruby slaw, sesame seeds, sriracha mayo drizzle

[1.1, 4, 5, 8, 11, 12]

#### SIGNATURE CAESAR SALAD €17.5

Grilled chicken breast, crispy bacon, cos lettuce, crunchy garlic & herb croutons and fresh grated Parmesan tossed through in a rich Caesar dressing [1.1, 4, 5, 6, 8, 14, 15]

#### GFP BEEF PROTEIN BOWL €22

Pulled Irish beef on beef jus, crispy tater tots, avocado, chipotle slaw, crispy lettuce, roast red peppers, [1.1, 8, 11, 12, 14]

[GF] option, with basmati rice

#### HOT HONEY CHICKEN BOWL €19

Sweet & spicy crispy chicken, fragrant rice, pickled onion, shredded lettuce, fresh avocado, ruby slaw, drizzle jerk mayonnaise [1.1, 4, 5, 8, 10, 11] Vegan option: Grilled tofu [8]

#### HALLOUMI & HUMMUS SALAD €17.5

Roasted beetroot hummus, grilled halloumi, baby leaves, pickled red onion, quinoa, roasted beetroot, cherry tomato, basil citrus dressing. [4, 8, 11, 12] [GF]

Vegan option: Change for Grilled tofu +€2.5 [VE] [8]

#### ADD-ONS

Halloumi [4] €2.6 | Avocado €2.6 | Chicken €3.5 | Prawns [7.2] +€5

## PIZZA

### CLASSIC MARGHERITA €15.5

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

### THE HILL OF TARA €17

San Marzano tomato sauce, Fior di Latte mozzarella, buffalo mozzarella, garlic & fennel salami  
[1.1, 4]

### BBQ FEAST €17

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

### PISTACHIO E STRACIATELLA €17

San Marzano tomato sauce, Fior di Latte mozzarella, pistachio mortadella, crushed pistachios, rocket, stracciatella [1.1, 2.7, 4]

### PEPPERONI PICANTE €17

San Marzano tomato sauce, Fior di Latte mozzarella, spicy pepperoni, drizzle with hot honey. [1.1, 4]

\*all pizzas are served with our famous buttermilk garlic dip

## SIDES

Dips : BBQ, garlic aioli, blue cheese, chipotle aioli [1.1, 5] €1.5

### CONNOISSEUR RUSTIC FRIES €4.5 [1.1]

### SWEET POTATO FRIES €5.25 [1.1]

### WAFFLE FRIES €5.5 [1.1]

### CRISPY TATER TOTS €5.5 [1.1]

## JUICES & SMOOTHIES

### KEELINGS FRESH JUICES €4.75

Fresh apple or orange juice

### HOMEMADE SMOOTHIES €6

FOREST FRUIT  
Mixed berries, banana, milk [4]

TROPICAL  
Papaya, pineapple, mango, kiwi, coconut milk [8,12]

ALMOND CHERRY  
Cherries, banana, almond milk [2.1]

## HOMEMADE LEMONADES

### RED BERRY €7

Raspberry, strawberry, lemon, soda water

### PASSIONFRUIT €7

Passionfruit, lemon, soda water

### WATERMELON €7

Watermelon, lemon juice, soda water

### RHUBARB €7

Rhubarb, lemon juice, soda water

## REFRESHMENTS

### MINERALS €3.95

Coke / Coke Zero / 7up / 7up Free / Club Orange

### KOMBUCHA €4.75

### SAN PELLEGRINO €4.15

Lemon / Blood Orange

### FIOR UISCE WATER €3/€6

Still or Sparkling Small/Large

## TEA & COFFEE

*Featuring our full bodied Parlour House Blend*

### COLD

ICED AMERICANO €4.75

ICED LATTE [4] €5

ICED MOCHA [4] €5.5

ICE MATCHA LATTE [4] €5.5  
add strawberry syrup 50c

ICED TEA €7

Green Tea & Peach, Mango & Pineapple

ADD A SYRUP 50c

Vanilla / Hazelnut [2.2] / Caramel

### HOT

ESPRESSO €3.3

AMERICANO €3.9

CAPPUCCINO [4] €4.5

LATTE [4] €4.5

MATCHA LATTE [4] €4.5

FLAT WHITE [4] €4.3

ADD ALTERNATIVE MILK 30c

Almond [2.1] / Oat [1.4] / Coconut [8]

CHAI LATTE [4] €4.4

MOCHA [4] €4.6

HOT CHOCOLATE [4] €4.4

HONEYCOMB HOT CHOCOLATE [4] €4.75

IRISH BREAKFAST TEA €3.75

TEA SELECTION €3.8

Camomile / Peppermint / Earl Grey / Green Tea / Decaf

## COCKTAILS

APEROL MIMOSA [12] €11

MIMOSA MARGARITA [12] €12

PORNSTAR MARTINI [12] €12

HUGO [12] €11

## WINE

### WHITE

CUATRO RAYAS LASECA VERDEJO, REUDA SPAIN €8.5 | €33

DE PAULO PINOT GRIGIOT, TRIESTE, ITALY [12] €9 | €34

OPAWA SAUVIGNON BLANC, MARLBOROUGH NEW

ZEALAND [12] €10 | €40

COSTEIRA MEU ALBARINO, RIBEIRO SPAIN [12] €38

### ROSE

CMARQUES DE CACERES EXCELLENS ROSÉ [12] €9 | €35

### RED

CODICI MASSERIE PRIMITIVO, PUGLIA ITALY [12] €8.5 | €35

MAISON DE LA VILLETTE CABERNET SAUVIGNON, FRANCE [12] €9.5 | €36

MARQUES DE CACERES EXCELLENS CUVÉE ESPECIAL TEMPRANILLO,

RIOJA SPAIN [12] €37

### BUBBLES

SANTA MARGHERITA FRIZZANTE ONDA DOC [12] €9 | €35

FULL DRINKS MENU AVAILABLE

## JUICES & SMOOTHIES

KEELINGS FRESH JUICES €4.75  
Fresh apple or orange juice

HOMEMADE SMOOTHIES €6  
FOREST FRUIT  
Mixed berries, banana, milk [4]

TROPICAL  
Papaya, pineapple, mango, kiwi, coconut milk

ALMOND CHERRY  
Cherries, banana, almond milk [2.1]

## HOMEMADE LEMONADES

RED BERRY €7  
Strawberry purée, raspberry syrup, lemon juice, sparkling water

PASSIONFRUIT €7  
Passionfruit syrup, lemon juice, mint leaves, sparkling water

WATERMELON €7  
Watermelon, lemon juice, soda

RHUBARB €7  
Rhubarb, lemon juice, soda

## REFRESHMENTS

MINERALS €3.95  
Coke / Coke Zero / 7up / 7up Free  
/Club Orange

SAN PELLEGRINO €4.15  
Lemon / Blood Orange

FIOR UISCE WATER €3/€6  
Still or Sparkling Small/Large

## TEA & COFFEE

*Featuring our full bodied Parlour House Blend*

### COLD

ICED AMERICANO €4.75

ICED LATTE [4] €5

ICED MOCHA [4] €5.5

ICE MATCHA LATTE [4] €5.5  
add strawberry syrup 50c

ICED TEA €7  
Green Tea & Peach, Mango & Pineapple

ADD A SYRUP 50c  
Vanilla / Hazelnut [2.2] / Caramel

### HOT

ESPRESSO €3.3

AMERICANO €3.9

CAPPUCCINO [4] €4.5

LATTE [4] €4.5

MATCHA LATTE [4] €4.5

FLAT WHITE [4] €4.3

ADD ALTERNATIVE MILK 30c  
Almond [2.1] / Oat [1.4] / Coconut [8]

CHAI LATTE [4] €4.4

MOCHA [4] €4.6

HOT CHOCOLATE [4] €4.4

HONEYCOMB HOT CHOCOLATE [4] €4.75

IRISH BREAKFAST TEA €3.75

TEA SELECTION €3.8  
Camomile / Peppermint / Earl Grey  
/ Green Tea / Decaf

## COCKTAILS

APEROL MIMOSA [12] €11

MIMOSA MARGARITA [12] €12

PORNSTAR MARTINI [12] €12

HUGO [12] €11

## WINE

### WHITE

CUATRO RAYAS LASECA VERDEJO, REUDA SPAIN €8.5 | €33

DE PAULO PINOT GRIGIOT, TRIESTE, ITALY [12] €9 | €34

OPAWA SAUVIGNON BLANC, MARLBOROUGH NEW ZEALAND [12] €10 | €40

COSTEIRA MEU ALBARINO, RIBEIRO SPAIN [12] €38

### ROSE

CMARQUES DE CACERES EXCELLENS ROSÉ [12] €9 | €35

### RED

CODICI MASSERIE PRIMITIVO, PUGLIA ITALY [12] €8.5 | €35

MAISON DE LA VILLETTE CABERNET SAUVIGNON, FRANCE [12] €9.5 | €36

MARQUES DE CACERES EXCELLENS CUVÉE ESPECIAL TEMPRANILLO, RIOJA SPAIN [12] €37

### BUBBLES

SANTA MARGHERITA FRIZZANTE ONDA DOC [12] €9 | €35

FULL DRINKS MENU AVAILABLE

#CFP

*Book with us Today!*

Work Lunches

Catering

Parties

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Breakfast | Lunch | Brunch | Dinner

