

WELCOME TO



# GOURMET FOOD PARLOUR

RESTAURANTS • CATERING

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#### 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.

## 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]

### **PRAWN PIL PIL €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]

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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 —

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## Main Course

### **SLOW-BRAISED IRISH BEEF €26**

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 €23**

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 €21**

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. Jamson peppercorn sauce, garlic, and Irish butter  
[1.1, 4, 10, 12]

### **TUSCAN DUCK RIGATONI €23**

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 €21**

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

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