

KITCHEN ITALIAN

DAY MENU

APPETISERS

SOUP OF THE DAY €9

Served with stout bread, ask your server
[1.1, 1.2, 1.3, 1.4, 4, 14]

CRISPY CALAMARI A LA ROMANA €13

Served with lemon aioli [1.1, 4, 5, 9.3, 12]

PRAWN PICCATA €14

Sauteed prawns with garlic butter, capers, lemon, served with
toasted ciabatta [1.1, 4, 7.2, 12]

MOZZARELLA FRITTERS €9

Herb-crusted mozzarella, tomato chilli jam, dressed rocket leaves
[4, 10, 12] V

GARLIC FLAT BREAD €8.50

Irish butter, Italian herbs [1.1, 4] V

GOAT CHEESE FLAT BREAD €10

Olive oil, fresh thyme, balsamic drizzle [1.1, 4, 12] V

SALADS & SANDWICHES

CITRUS PRAWN SALAD €21

Mix leaves, red onion, cherry tomatoes, roasted pepper, citrus
vinaigrette [7.2, 10, 12]

CAESAR SALAD €19

Roast chicken, crispy bacon, herb croutons, parmesan shavings,
basil Caesar dressing [1.1, 1.2, 1.3, 4, 5, 6, 8, 10, 12]

ITALIAN BOWL €20

Baby leaves, grilled courgette, buffalo mozzarella, sundried
tomato, crispy onion, balsamic dressing [1.1, 4, 8, 10, 12] V
Add Chicken or Prosciutto Ham €4

LOADED FOCACCIA €17

Cherry tomato focaccia topped with prosciutto crudo, stracciatella,
rocket, crushed pistachio, balsamic glaze [1.1, 1.3, 2.7, 4, 5, 8,
12]

COURGETTES CAPRESE FOCACCIA €16

Mixed cherry tomato, buffalo mozzarella, grilled courgette, rocket,
basil pesto, balsamic glaze [1.1, 1.3, 4, 5, 12] V

SIDES

FRIES €5.50
TRUFFLE PARMESAN
FRIES €7.50
[1.1, 4, 10]

EXTRAS

EXTRA PIZZA TOPPINGS
MEAT €3 | CHEESE [4] €2 | VEG €2
EXTRA DIP €1.50 [4, 5]

PASTA

PACCHERI ALLA BOSCAIOLA €22

Fresh Paccheri pasta, roast chicken, smoked bacon, mushrooms,
prosecco cream sauce, Parmesan [1.1, 4, 5, 8, 10, 12]

LEMON & PRAWNS TAGLIATELLE €23

Fresh egg Tagliatelle, lemon butter sautéed prawns, fresh herbs
[1.1, 4, 5, 7.2, 8]

PENNETTE ALL'ARRABBIATA €18

Fresh pennette in a spicy tomato sauce, basil oil drizzle, grilled
courgette, topped with fresh parmesan [1.1, 4, 5, 12]

WILD MUSHROOMS RISOTTO GF V €21

Creamy Arborio rice, pan-roasted forest mushrooms, parmesan
shavings [4, 12] V | Add Chicken €4

TOMATO, CHILLI, PRAWNS RISOTTO €23

Spicy tomato Arborio rice, sautéed prawns, peppery rocket
leaves [4, 7.2, 12]

PIZZA ROSSO

12-inch authentic Italian pizza, freshly made by our skilled chefs.

MARINARA €14

Classic with San Marzano tomato sauce, fresh basil [1.1] VE

MARGHERITA €16

San Marzano tomato sauce, fior di latte, fresh basil [1.1, 4]

PEPPERONI PICANTE €17.50

San Marzano tomato sauce, spicy pepperoni, fior di latte, red
onion, hot honey drizzle [1.1, 4, 8, 10, 12]

PROSCIUTTO E FUNGHI €18

San Marzano tomato sauce, fior di latte, prosciutto ham,
sauteed mushrooms, basil-infused olive oil [1.1, 4, 12]

CAPRINO AND HONEY €17

san marzo tomato sauce, Fior di latte, goat cheese, red
onion, rocket, hot honey drizzle [1.1, 4, 12]

PIZZA BIANCO

12-inch authentic Italian pizza, freshly made by our skilled chefs.

PROSCIUTTO E ARUGULA €18

Fior di latte, fresh rocket, paper-thin Prosciutto crudo ham,
shaved Parmesan, basil-infused olive oil [1.1, 4, 12]

ZUCCHINI AND STRACCIATELLA €17

Fior di latte, grilled marinated courgette, arugula,
stracciatella, garlic oil drizzle [1.1, 4, 12]

ROMA CAESAR €18.50

Fior di Latte mozzarella, roasted chicken, smoked crispy
streaky bacon, fresh grated parmesan, crispy lettuce drizzled
with Caesar dressing [1.1, 4, 5, 6, 10, 12]

All of our pizzas are served with our famous garlic aioli dip along with olive
oil and balsamic vinegar [4, 5, 12]

*Please be aware that our chicken dishes are prepared fresh and may contain small bones.

KITCHEN ITALIAN

DAY MENU

KIDS MENU

MARGHERITA PIZZA (8 inch) €10

[1.1, 4]

HAM & CHEESE PIZZA (8 inch) €12

[1.1, 4]

PEPPERONI PIZZA (8 inch) €12

[1.1, 4]

CHICKEN GOUJONS AND FRIES €10

Crispy chicken goujons with fries served with ketchup

[1.1, 1.2, 1.3, 10, 12]

PACCHERI PASTA €10

Served with butter or pesto, side of grated Parmesan cheese

[1.1, 4, 5, 8, 10]

Available to order for children under 12
Main dishes include apple or orange juice

DESSERT

AFFOGATO €7

An Italian dessert of vanilla ice cream over which espresso has been poured [4]. Add Amaretto Disaronno liquor €5 [2.1]

TIRAMISU €9

The classic Italian dessert [1.1, 4, 5, 8]

BERRY PAVLOVA €8.50

Strawberry meringue, fresh cream, berries, raspberry coulis [1.1, 4, 5]

VALRHONA CHOCOLATE FONDANT €10

Warm dark chocolate, fresh cream, berries[1.1, 4, 5, 8]

HOT DRINKS

ESPRESSO €3.30

AMERICANO €3.90

CAPPUCCINO [4] €4.50

LATTE [4] €4.50

FLAT WHITE [4] €4.30

MOCHA [4] €4.60

CHAI LATTE [4] €4.40

HOT CHOCOLATE [4] €4.40

IRISH BREAKFAST TEA €3.75

ORGANIC TEA SELECTION €3.80
CAMOMILE / PEPPERMINT /EARL GREY
GREEN TEA / DECAF

PARLOUR HOUSE BLEND COFFEE USED,
SUPPLIED AND BLENDED IN IRELAND BY
FINDLATERS

ALTERNATIVE MILKS €0.50
Oat Milk [1.4], Soy Milk [8], Coconut Milk [8], Almond Milk [2.1]

At Gourmet Food Parlour, we prioritise high-quality ingredients by sourcing locally for 19 years, Our fare is shaped by long-standing relationships with Irish producers, where local ingredients are sourced via sustainable practices. From the farm to your table, we serve only the freshest seasonal produce, along with premium Irish beef and chicken. Healthy, nutritious, and always full of flavour.

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

KITCHEN ITALIAN

BREAKFAST

SIGNATURE BREAKFAST

EGGS & TOAST €11

Free-range creamy scrambled or free-range poached eggs served with toasted crusty sourdough and a side of basil pesto

[1.1, 1.2, 1.3, 1.4, 4, 5, 11, 12]

MIXED BERRY & NUT GRANOLA €10

Greek-style yoghurt, homemade forest fruit compote, seed & nuts granola, honey drizzle, fresh berries

[1.4, 2.1, 2.2, 2.3, 2.4, 2.5, 3, 4, 8, 12]

VEGGIE BREAKFAST €16.5

Free-range poached egg, chives and onion potato cake, smashed avocado, fresh marinated cherry tomatoes, served with Bretzel granary toast [1.1, 4, 5] V

THE BIG BREAKFAST €18

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

WILD MUSHROOM ON TOAST €16

Free-range poached eggs, sautéed wild mushrooms, toasted sourdough, chilli and basil olive oil [1.1, 4, 5, 12] V

ROMANA OMELETTE €16

Buffalo mozzarella, sun-blushed tomatoes, fresh basil, sautéed potatoes [1.1, 4, 5, 12] V

Add crispy streaky bacon €3.5 [12]

Add prosciutto crudo €4 [12]

CRÊPES €15

Sicilian Lemon curd, crumbled meringue, fresh berries [1.1, 4, 5, 8, 12]

Or / Dark chocolate sauce, pistachio crumbs, fresh berries [1.1, 2, 7, 4, 5, 8, 12]

**COMPLIMENTARY
HOT BEVERAGE
WITH ANY
HOT BREAKFAST**

AVAILABLE 7 DAYS A WEEK

PASTRIES

PASTRIES CLASSIC CROISSANT €4

[1.1, 4, 5]

ALMOND CROISSANT €4.75

[1.1, 2.1, 4, 5]

SCONE SELECTION €4.75

Served with fresh cream and raspberry jam [1.1, 2, 4, 5]



KIDS BREAKFAST

SCRAMBLED EGG AND TOAST €9

Free-range creamy scrambled egg, fresh rocket served with toast [1.1, 4, 5]

CRÊPE WITH NUTELLA AND STRAWBERRIES OR / LEMON & SUGAR €8

[1.1, 2.2, 4, 5, 8] *may contain sesame

Available to order for children under 12

Main dishes include apple or orange juice

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KITCHEN ITALIAN

BREAKFAST

HOT DRINKS

ESPRESSO	€3.30
AMERICANO	€3.90
CAPPUCCINO [4]	€4.50
LATTE [4]	€4.50
FLAT WHITE [4]	€4.30
MOCHA [4]	€4.60
CHAI LATTE [4]	€4.40
HOT CHOCOLATE [4]	€4.40
IRISH BREAKFAST TEA	€3.75
ORGANIC TEA SELECTION	€3.80
Camomile / Peppermint /Earl Grey Green Tea / Decaf	
Parlour House Blend coffee is used, supplied and blended in Ireland by Findlaters	
ALTERNATIVE MILKS	€0.50
Oat Milk [1.4], Soy Milk [8], Coconut Milk [8], Almond Milk [2.1]	

COLD DRINKS

HOMEMADE SMOOTHIES

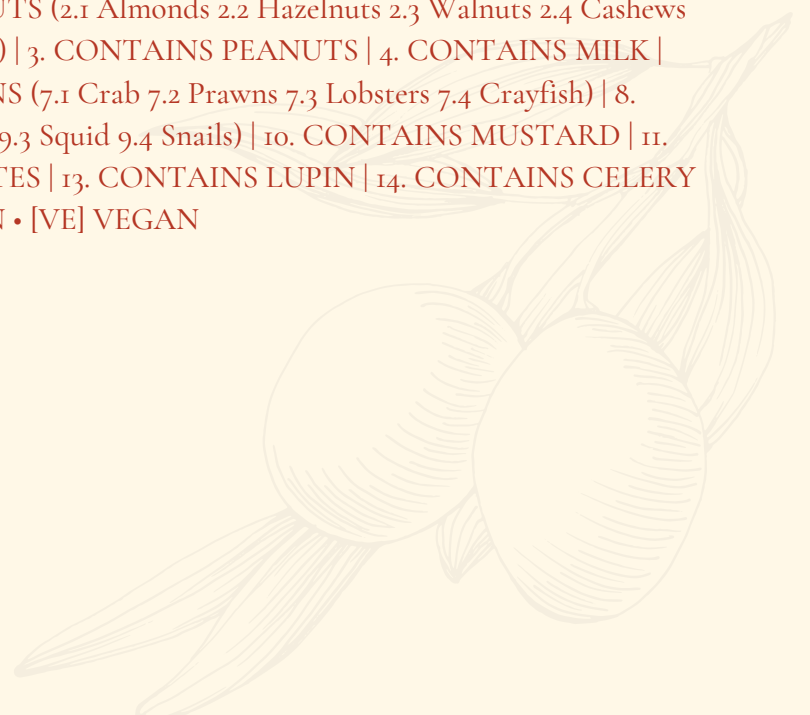
BERRY NICE	€6
Mixed berries, banana, milk, honey [4, 8]	
TROPICAL	€6
Papaya, pineapple, mango, kiwi, coconut [8]	
KEELINGS FRESH JUICES	€4.75
Apple/Orange	
KOMBUCHA	€4.50
Ginger & Lemon Organic / Raspberry	
MINERALS	€3.95
Coke / Coke Zero / 7up / 7up Free / Club Orange	
SAN PELEGRINO	€4
Blood Orange/ Lemon €4	
WATER	€3 / €6
Still or Sparkling	
SICILIAN LEMONADE	€7
Freshly squeezed lemon juice, basil, soda	
PEACH & MINT LEMONADE	€7
Freshly squeezed lemon juice, peach, mint, soda	

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KITCHEN ITALIAN

DRINKS

WHITE WINE

125ML / 175ML / BOTTLE

CUATRO RAYAS LASECA VERDEJO, RUEDA, SPAIN [12]

€6 / €8.5 / €33

Straw yellow with green hues, bright, fresh and balanced aromas, typical of the variety.

OPAWA SAUVIGNON BLANC, MARLBOROUGH, NEW ZEALAND [12]

€7 / €10 / €40

The palate is refreshing and intense, displaying crisp citrus notes and passionfruit flavours.

DE PAULO PINOT GRIGIO, TRIESTE, ITALY [12]

€6 / €9 / €34

Straw colour, this Pinot Grigio displays a long-lasting fruity bouquet.

RED WINE

125ML / 175ML / BOTTLE

CODICI MASSERIE PRIMITIVO, PUGLIA ITALY [12]

€6 / €8.5 / €35

A dense bouquet of black fruits such as cherries, blackberries and plums, complemented by inviting cocoa notes.

MAISON DE LA VILLETTE CABERNET SAUVIGNON, FRANCE [12]

€6.5 / €9 / €36

Elegant notes of liquorice, roasted coffee beans, and dark chocolate, with fruity aromas of black cherries and a spicy touch of cinnamon.

CATENA MALBEC, VISTA FLORES MENDOZA, ARGENTINA [12]

€8 / €10.5 / €42

Elegantly structured, showing ripe blackberry and blackcurrant fruit flavours and plenty of peppery spice.

MARQUÉS DE CÁCERES EXCELSIS CUVÉE SPÉCIALE TEMPRANILLO, RIOJA SPAIN [12]

€9 / €38

Bouquet of ripe fruit and refined oak confirming its meticulous ageing in barrel.

BUBBLES

SERENA SPAGO, PROSECCO €9.5 / €36

Brilliant hue and inviting, faintly citrus-like aromas

ROSÉ

MARQUÉS DE CÁCERES EXCELLENS ROSÉ, RIOJA, SPAIN [12]

€9 / €35

The Marques de Caceres Excellens Rosé is an attractive, pale rosé colour with rose petals and refined notes of peaches on the nose. Silky-smooth and balanced in the mouth with delicate flavours of mature white peaches and pears. Its character comes through delicately on tasting with a touch of vivacity highlighting its freshness. Succulent with a nice finish.

COCKTAILS

APEROL SPRITZ €10

Aperol liqueur, prosecco, soda water [12]

LIMONCELLO FIZZ €10

Limoncello liqueur, prosecco [12]

STRAWBERRY & LIME SPRITZ €11

Sauvignon blanc, wild strawberry and fresh lemon syrup, soda water [12]

MIMOSA €9

Prosecco frizante, orange juice [12]

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HOT DRINKS

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