

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]

ZUCCHINI FLOWER FRITTER €11

Lightly battered courgette flower, lemon aioli [1.1,5,8,10,12] V

PROSCIUTTO AND CANTALOUPE €13

Cantaloup ribbon, prosciutto, basil-infused olive oil, Maldon Sea salt [12] GF

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]

GARLIC FLAT BREAD €8.5

Irish butter, Italian herbs
[1.1, 4] 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]

PROSCIUTTO SALAD €19

Baby leaves, crushed pistachio, fig vinaigrette, thin sliced prosciutto ham, herb croutons, sun-blushed tomato, shaved parmesan [1.1, 2.7, 4, 8, 10, 12]

ITALIAN BOWL €20

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

LOADED FOCACCIA €17

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

CAPRESE FOCACCIA €15

Mixed cherry tomato, buffalo mozzarella, rocket, basil pesto
[1.1, 4, 5]

BRESAOLA FOCACCIA €16.5

Toasted focaccia, Bresaola, marinated courgette, rocket, cherry tomatoes, shaved parmesan, balsamic glaze [1.1, 4, 5, 8,10,12]

PASTA

PACCHERI ALLA BOSCAIOLA €22

Roast chicken, smoked bacon, mushrooms, prosecco cream sauce, Parmesan. Made with Cipriani's organic egg rigatoni
[1.1,4,5,8,10,12]

ORECCHIETTE CON POMODORINO €20

Orecchiette pasta with cherry tomatoes, fresh basil, extra virgin olive oil, garlic and rocket [1.1,4,5]
Add chicken €4 | Add Prawns €5

LEMON & PRAWNS TAGLIATELLE 23€

Fresh egg Tagliatelle, lemon butter sauteed prawns, fresh herbs
[1.1, 5, 7.3, 8]

CACIO E PEPE €18

A classic Roman pasta with fresh egg Tagliani, aged parmesan, crushed black pepper [1.1, 4, 5]

PIZZA ROSSO

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

MARINARA €14

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

MARGHERITA €16

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

PEPPERONI PICANTE €17.5

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, baked ham, sauteed mushrooms, basil-infused olive oil [1.1,4,12]

PIZZA BIANCO

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

PROSCIUTTO E ARAGULA €18

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

PIZZA VALTELLINA €20

Fior di latte, fresh rocket, Bresaola cured beef, shaved parmesan [1.1,4,12]

ZUCCHINI AND STRACCIATELLA €17

fior di latte, grilled marinated courgette, aragula, straciatella, garlic oil drizzle [1.1,4,12]

All of our pizza's are served with our famous garlic aioli dip along with olive oil and balsamic vinegar [12]

SIDES

FRIES €5.5

TRUFFLE FRIES €7.5
[1.1,4,10]

EXTRAS

EXTRA TOPPINGS

MEAT €3 | CHEESE €2 | VEG €2
EXTRA DIP €1.5

*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, 5]

HAM & CHEESE PIZZA (8 inch) €12

[1.1, 4, 8, 11]

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 [2.2]

TIRAMISU €8.5

The classic Italian dessert

[1.1, 4, 5, 8]

BERRY PAVLOVA €9

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

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**

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 €10.5

Creamy scrambled or poached free-range 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]

KITCHEN ITALIAN BREAKFAST €16.5

Poached free-range egg, prosciutto crudo ham, rocket, tomato and basil, on thick cut sourdough toast, basil-infused olive oil
[1.1, 1.4, 5, 10, 12]

THE BIG BREAKFAST €18

Creamy free-range 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]

VEGGIE BREAKFAST €16

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

ROMANA OMELETTE €16

Buffalo mozzarella, sun-blushed tomatoes, fresh basil, sauté potatoes [1.1, 4, 5, 12]
Add crispy streaky bacon €3.5 [12]
Add prosciutto crudo €4 [12]

CRÊPES €14

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

KIDS BREAKFAST

SCRAMBLED EGG AND TOAST €9

Creamy scrambled free-ranged 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

**COMPLIMENTARY
HOT BEVERAGE
WITH ANY
HOT BREAKFAST**

AVAILABLE 7 DAYS A WEEK

PASTRIES

CLASSIC CROISSANT €3.75

[1.1, 4, 5]

ALMOND CROISSANT €4.5

[1.1, 2.2, 4, 5]

SCONE SELECTION €4.5

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



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 used, supplied and blended in Ireland by Findlaters

COLD DRINKS

HOMEMADE SMOOTHIES

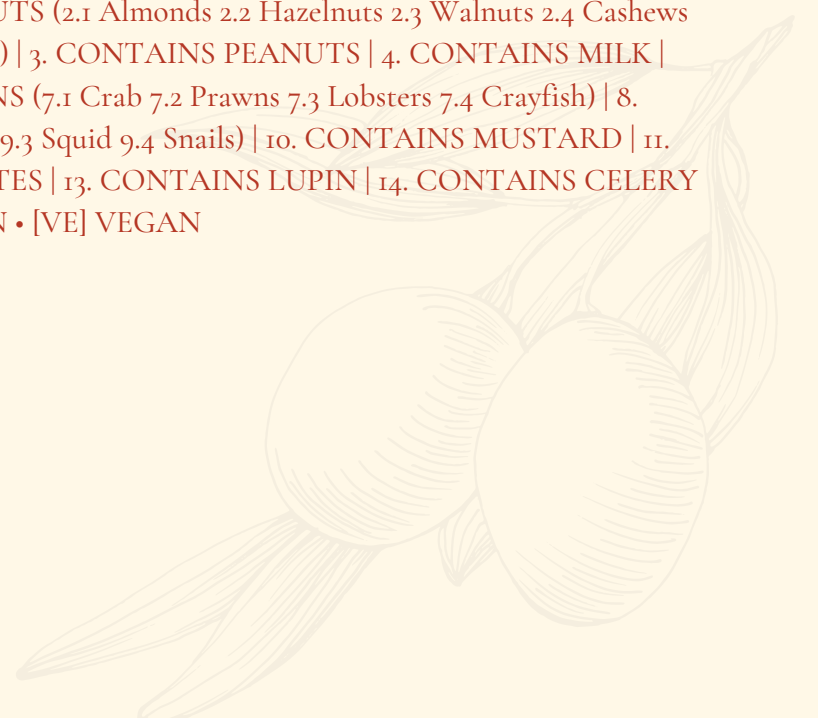
BERRY NICE	€6
Mixed berries, banana, milk, honey [4,8]	
TROPICAL	€6
Papaya, pineapple, mango, kiwi, coconut [8]	
KEELINGS FRESH JUICES	€4.75
Apple/Orange	
KOMBUCHA	€4.50
Ginger & Lemon Organic / Raspberry	
MINERALS	€3.95
Coke / Coke Zero / 7up /7up Free / Club Orange	
SAN PELEGRINO	€4
Blood Orange/ Lemon €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 melted 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.

MARQUES DE CACERES EXCELLENS CUVÉE ESPECIAL 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

MARQUES DE CACERES EXCELLENS ROSÉ, RIOJA, SPAIN [12]

€9 / 35

The Marques de Caceres Excellens rose 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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