

GOURMET FOOD PARLOUR

Sports Catering



FUELLING IRISH ATHLETES

ABOUT GFP CATERING

With over a decade of experience catering to sports teams, our ethos has always been to provide healthy, nutritious, and affordable food by sourcing local ingredients and working with local suppliers. Since our humble beginnings in 2006 with a 25-seater restaurant in Dun Laoghaire, we've expanded to six locations across Leinster and Galway.

Our state-of-the-art catering kitchen in Santry has been instrumental in our growth, establishing us as Ireland's premier sports caterer. We've proudly partnered with countless teams over the years, playing a key role in their journey to success and helping them secure titles with our expertly crafted meals. We understand that athletes, whether training or competing, have specific dietary needs, and our extensive experience allows us to deliver the healthy, hearty, and delicious meals that fuel their performance and drive their success.

As a trusted partner, we are always striving for innovation, continually refining our offerings to meet the evolving needs of the teams we serve. By staying ahead of industry trends and incorporating the latest in nutritional science, we ensure that our catering not only meets but exceeds expectations, helping teams reach new heights of excellence.



WHO WE'VE FUELLED TO SUCCESS SINCE 2006



POWERFUL PARTNERSHIPS



We partner with Nutritics so we can provide our athletes with detailed nutritional information.

DETAILED LABELING

Labelling on our pre packed meals and snacks can include detailed breakdowns of nutritional information



'I've had the pleasure of working in conjunction with Gourmet Good Parlour for the past five years. I cannot recommend Gourmet Food Parlour highly enough. Their exceptional service, attention to detail, and commitment to providing high-quality meals have been instrumental in our athletes' success.'

- Neil Irwin, Nutritionist for Dublin Senior Footballer's



Kinetica works closely with nutritionists, external advisors and their consumers to constantly improve their products. They know how important quality is and every batch is tested to comply with WADA exacting standards.

Gourmet Food Parlour has partnered with Kinetica to produce high protein, batch tested meals and snacks.



SNACKS FUELLED BY KINETICA



WHAT WE DO? FUEL!

As a catering company we are dedicated to supporting sports teams, we understand that refuelling is more than just serving meals—it's about optimizing performance and recovery. Our tailored menus are designed to provide the right balance of nutrients, ensuring that athletes are energized and ready for the challenges ahead. By focusing on high-quality ingredients and seamless service, we not only fuel their bodies but also contribute to the team's overall morale and unity. Whether it's pre-game preparation or post-game recovery, we're committed to helping teams perform at their best through effective and thoughtful refuelling.

SERVICED EVENTS:

- SUCH AS BBQS, AWARD EVENTS, TRAINING SESSIONS, MEDIA DAYS AND MANAGEMENT OR STRATEGY MEETINGS

CATERING:

- WE PROVIDE SUCH A WIDE RANGE OF CATERING ITS HARD TO PUT IT ALL INTO ONE PLACE, FOR TEAMS SPECIFICALLY WE PROVIDE FUELED TRAVEL PACKS, PRE & POST MATCH MEALS, GYM SESSIONS, AND SO MUCH MORE, YOU NAME IT WE MAKE IT!

OUR TIERED SYSTEM



We've developed a flexible three-tier catering menu system designed to meet the diverse needs of our clients, allowing us to tailor our offerings to fit your budget and requirements.

- Our **Tier One** menu provides essential yet high-quality options, perfect for those seeking value without compromising on nutrition and taste.
- **Tier Two** offers a more extensive selection with additional variety and enhanced features, ideal for teams looking for a balanced combination of quality and choice.
- Finally, our **Tier Three** menu delivers a premium experience with the finest ingredients and bespoke options, catering to those who desire the utmost in quality and customization.
- This tiered approach ensures that, no matter your budget or needs, we can create a catering solution that perfectly aligns with your goals. Our dedicated Sports Account manager will work to ensure you get what is best for you and your team!



TIERED SYSTEM



This is just a sample of what we can offer across hundreds of different food options, we are always innovating and striving to improve!

All of our catering can be made bespoke for you and your teams needs and dietary requirements

TIER 1

- **Thai Red/Green Chicken Curry**

GFP Team FAVE! Packed with protein and vegetables served with steamed basmati rice

- **Cajun Chicken Pasta Bake**

GFP Team FAVE! Creamy cajun sauce, roast chicken, cherry tomatoes, caramelized onions.

- **Traditional Beef Lasagna**

Made with lean Irish minced beef, and only the highest quality ingredients.

- **Chicken & chorizo pasta bake**

Chicken, fried chorizo, sundried tomatoes, scallions in a tomato sauce topped with buffalo mozzarella

- **Beef Stroganoff**

Julienne of Beef with Mushrooms, Onions & Pickles in a rich creamy sauce served with basmati rice

- **Chicken Prosecco**

chicken with broccoli and sundried tomatoes in creamy prosecco & parmesan sauce served with basmati rice

- **Cottage Pie**

Lean beef mince, vegetables, rich gravy topped with creamy mash

- **Traditional Beef Bolognese Pasta Bake**

topped with parmesan shavings

- **Oriental Chicken/Turkey Stir Fry Noodles**

Soy and ginger marinated chicken, stir fried vegetables and egg noodles

TIERED SYSTEM



TIER 2

- **Tender Beef Stir Fry**

Lean beef strips marinated in soy and ginger sauce, served with stir fried vegetables, served with a choice of steamed rice or egg noodles.

- **Beef & Chorizo Meatballs**

Handmade in our kitchen and served with a rice tomato ragu, served with a pesto drizzle and parmesan cheese, choice of steamed basmati rice or mashed potatoes.

- **BBQ Chicken Enchiladas**

GFP Team FAVE! BBQ chicken & stir-fried vegetables, in a soft tortilla, baked in tomato sauce & topped with cheddar cheese, served with dips (salsa - sour cream - guacamole) & seasoned patatas bravas.

- **Classic Beef Burritos**

Tortilla wraps stuffed with lightly spiced beef mince, cheddar cheese, kidney beans & rice served with a side of sour cream, salsa & seasoned patatas bravas

- **Butterfly Cajun Chicken Burger**

GFP Team FAV! Cajun marinated chicken breast, Dubliner cheddar, crispy lettuce, beef tomatoes, red onion, garlic aioli, served with seasoned patatas bravas

- **Irish Beef Burger**

brioche bun, Dubliner cheddar, crispy lettuce, beef tomatoes, red onion, tomato relish served with seasoned patatas bravas

- **Gourmet Beef Brisket Pasta Bake**

GFP Team FAV! Slow braised shredded beef brisket, rich tomato & roasted red peppers ragout topped with parmesan cheese

TIERED SYSTEM



TIER 3

- **Clonakilty Stuffed Chicken Breast**

GFP Team FAVE! stuffed with Clonakilty black pudding with a creamy black pepper sauce, served with chorizo mashed potatoes and grilled seasonal vegetables.

- **Cajun Stuffed Chicken Breast**

Cajun marinated chicken breast stuffed with sauteed peppers, onions and grated cheddar, with Cajun sauce, honey roast root vegetables, sweet potato mash

- **Baked Harissa Salmon Fillet**

Baked Salmon fillet with harissa tomato sauce, honey roast root vegetables, sweet potato mash

- **Tuscan Baked Salmon**

with roasted red peppers & parsley served in creamy, baby spinach tomato sauce served with sea salt and rosemary potatoes, steamed broccoli

- **Baked Hake**

GFP Team FAVE! with a tarragon herbed crust served with tarragon sauce, served with creamy mash potatoes, grilled green vegetables

- **Chicken Teriyaki**

Chicken fillet marinated in teriyaki sauce, served with grilled Asian greens (sugar snap peas, green beans, bok choy and broccoli) fried rice.

- **Baked Teriyaki Salmon Fillet**

whole salmon fillet marinated in teriyaki sauce, served with grilled Asian greens (sugar snap peas, green beans, bok choy and broccoli) fried rice.

Refueling snacks are essential for keeping athletes energized and focused. Our snacks offer the perfect balance of carbs, proteins, and healthy fats, providing quick energy boosts before, during, or after training. Nutritious and delicious, they help athletes maintain peak performance.

SNACKS:

- Collagen mango jelly shoot
- Collagen orange & kiwi jelly shoot
- Watermelon collagen jelly shoot
- Banana bread **GFP Team FAVE!**
- Protein chocolate & peanut butter energy balls
- Homemade protein blueberry muffin
- Mini Granola Bar Bites **GFP Team FAVE!**
- Granola Bars Full
- Yoghurt and Granola pots with berry coulis **GFP Team FAVE!**
- Fruit salad, yoghurt and granola
- Overnight oats
- Orange and coconut energy balls
- Kinetica fueled Double Chocolate brownie Protein Balls
- Kinetica fueled Cookie Dough protein balls

SMOOTHIES:

- **Detox smoothie**

Kiwi, green apple, baby spinach

- **Protein smoothie**

-Banana, coconut milk, pineapple, kinetica vanilla whey protein

- **Recovery smoothie**

Strawberries, orange, rhubarb, honey

DRINKS:

- Chocolate Milk
- Protein Milk
- -Kombucha
- Herbal Teas
- Coffees



TRAVEL PACK BUILDER

Our custom-built travel packs are perfect for teams on the move, whether traveling by bus, plane, or train. Each pack is thoughtfully assembled with a selection of our nutritious lunch items and energizing snacks, ensuring athletes stay fueled and ready wherever their journey takes them. Tailored to your team's preferences, these packs combine convenience with quality nutrition to support peak performance while traveling.

HOW TO BUILD:

Choose Main:

Protein Rich Wraps:

- Cajun chicken Wrap
- Chicken Caesar Wrap
- Superfood Wrap
- Falafel Wrap

GFP Signature Sandwiches:

- GFP Club Sandwiches
- Famous Roast Chicken
- Ham & Cheese
- Turkey Rueben

High Fueled Salads

- Chicken pesto pasta salad
- Classic Chicken Caesar Salad

Choose Drink:

Regular Drinks:

- Bottled Water
- Soft Drinks

GFP Smoothies & Juice:

- Protein Banana Smoothie
- Detox Smoothie
- Recovery Smoothie
- Freshly squeezed orange juice

Protein Fueled Drinks

- Avonmore Chocolate milk
- Avonmore Protein Milks
- Vanilla, chocolate, strawberry

Add Snack:

Carb Heavy Snacks:

- Banana Bread
- Homemade Granola Bars
- Orange & Coconut Energy Balls
- Overnight Oats
- Yoghurt & Granola Pots

Protein Snacks fueled by

Kinetica:

- Chocolate Brownie protein balls
- Cookie Dough Protein Balls
- Peanut Butter and chocolate protein balls





OUR PARTNERSHIPS

DUBLIN GAA, SHAMROCK ROVERS, OLYMPIC
FEDERATION OF IRELAND



"The food is always of exceptional quality and prepared to a very high standard,
while including all of the key healthy, nutritional ingredients"

Jim Gavin: Former Dublin Senior Football Manager

WHAT TO EXPECT?

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- We deliver all our meals hot and ready to eat, ensuring that they arrive in perfect condition for your team.
- You'll place your order with our dedicated sports team manager, who will assist you throughout the entire process to ensure everything runs smoothly.
- Our professional drivers will deliver your meals directly to your location, with each meal individually packed and accompanied by sustainable cutlery and napkins.
- This attention to detail makes our meals ideal for teams on the go, providing convenience and quality with every delivery.



WHY US?

- **Unique Culinary Expertise:**

Our chefs bring innovative techniques and a commitment to using local, seasonal ingredients to create unforgettable dining experiences.

- **Customer-Centric Approach:**

We prioritise exceptional service and personalised experiences, ensuring each customer feels valued and returns.

- **Event Specialists:**

Our team excels in crafting bespoke events tailored to your needs, seamlessly integrating dining experiences with event themes to create unforgettable memories.

- **Hospitality Experts:**

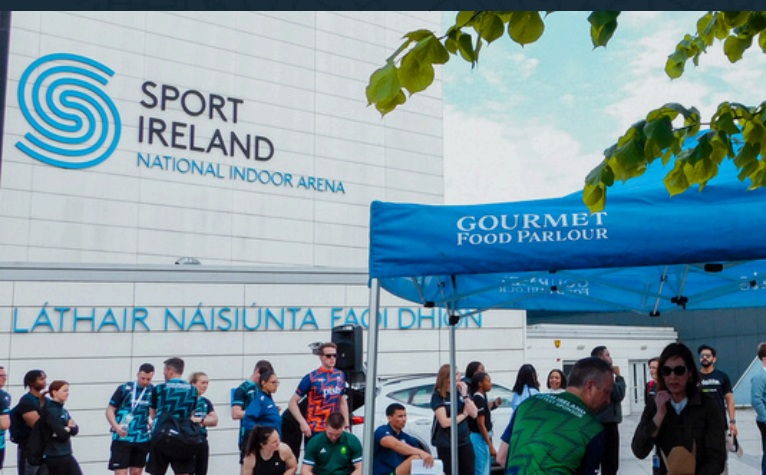
With years of experience in the industry, we are dedicated to delivering exceptional service, ensuring that every guest enjoys a welcoming and personalized experience.

- **Core Team Infrastructure:**

Our strong leadership and well-trained staff form the backbone of our operations, enabling us to consistently meet high standards and adapt quickly to new challenges.

- **Strategic Growth Vision:**

Projections for steady growth and an innovative approach to marketing and operations that ensure long-term success.



CLIENT FEEDBACK

"I've had the pleasure of working in conjunction with Gourmet Good Parlour for the past five years. I cannot recommend Gourmet Food Parlour highly enough. Their exceptional service, attention to detail, and commitment to providing high-quality meals have been instrumental in our athletes' success. They consistently deliver diverse, delicious, and well-balanced meals and snacks that meet our specific dietary needs. Their professionalism and dedication truly set them apart in the catering industry."

- Neil Irwin, Nutritionist for Dublin Senior Footballers

"Gourmet Food Parlour is the natural choice when the Olympic Federation of Ireland hosts athletes and partners. We particularly value the freshness of their produce; their ability to cater for groups of all sizes, and above all, their attention to detail"

- Catherine Tiernan, Commercial Director, Olympic federation of Ireland

"Gourmet Food Parlour has a fantastic selection of hot and cold food that is absolutely top-notch, offering a wide range of high-quality dishes that cater to all tastes and dietary requirements. The food is freshly prepared with the finest ingredients, and you can really taste the difference. Their delivery service is excellent, whether it's to a hotel, training days, or match venues – it's always prompt, and the food arrives fresh and beautifully presented. Gourmet Food Parlour never disappoints."

- Beth Healy - Team Operations Manager, Cricket Ireland.

CLIENT FEEDBACK

“The nutritional support that Gourmet Food Parlour Catering provides to Dublin GAA and the senior football team is an essential element that has contributed to the success of the team in recent years.”

- Jim Gavin, Former manager, Dublin Senior Footballers

“Gourmet Food Parlour has been our trusted caterer for the Dublin Hurling team over the past few seasons, consistently delivering exceptional food of the highest standard. Their menu offers an impressive variety, from fresh fish dishes to stir-fries, curries, pastas, burrito bowls, and more, with meals that are seldom repetitive and always well-received by the team.

Their additional snack options, like protein balls, yogurt and granola pots, and muesli bars, have also become favorites among the players. The team at Gourmet Food Parlour is highly adaptable, effortlessly accommodating large groups and tailoring meal options to suit the demands of different training sessions.

What truly sets them apart is their openness to feedback. They have been incredibly receptive to suggestions from both myself and the players, and have made adjustments based on our input to continuously enhance the experience. Their communication is always sharp, and their service is reliable and consistent. I would highly recommend Gourmet Food Parlour as a top choice for any sports catering needs.”

- Eva Hoey, Performance Dietitian, Davey Nutrition, Dublin Senior Hurlers

OPERATING SUSTAINABLY

At Gourmet Food Parlour, diversity, equity, & inclusion lies at the heart of our culture, and this permeates every facet of our business and our supply chain.

We are committed to providing locally sourced food and helping customers make healthy and informed dietary choices. We are very conscious of having a sustainable procurement strategy in place where the purchasing of goods and services that we use within our business has a positive effect on the people, communities and climate. We try and source our food suppliers locally to reduce travel time and to promote sustainability. Some of our food suppliers include Keelings for fruit and vegetables, Keogh's for crisps and potatoes. All our artisan breads are freshly baked daily by Bretzel Bakery, based in Portobello, Dublin 8.

Using sustainable materials:

- All takeaway coffee cups are fully recyclable
- We use wooden cutlery where possible
- All our disposable plates and bowls are fully recyclable

This year we are experiencing:

- A 20% reduction in packaging weight on usage of cups, bags, platters and food boxes
- A 30% reduction in pallet and box space compared to plastics
- A 40% reduction in packaging carbon footprint



FRESH FARE BY A TEAM THAT CARES



DYLAN MCALLISTER

SPORTS MANAGER

dylan@gourmetfoodparlour.com Ext. 100

our dedicated Sports Catering Manager, has been with Gourmet Food Parlour for two years. He started as a delivery driver, gaining valuable experience in serving and delivering team orders. Now, he has transitioned to an office role, where he continues to build relationships with our sports clients and applies his expertise to processing orders for our sports teams.



NIAMH HANON

SALES & EVENTS MANAGER

Niamh, our Sales & Events Manager, began her journey at Gourmet Food Parlour over two years ago as the dedicated Sports Manager. She has since progressed into her current role, where she organizes all special events, from food trucks to BBQs. Niamh continues to work closely with Dylan to ensure we provide the best possible service to all our valued sports teams."



MICHAL MAZUR
EXECUTIVE HEAD CHEF



DAVE COONEY
HEAD OF CATERING & EVENTS



MICHAL GARDAS
HEAD CHEF



CARMEL RYAN
SUSTAINABILITY LEAD



LINDA BARTON
PRIVATE & SPECIAL EVENTS



VINCENZO CUCCHIARA
LOGISTICS LEAD

WE LOOK FORWARD TO FUELING YOU
TO SUCCESS!



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DUBLIN

IRELAND

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