

WELCOME TO



GOURMET FOOD PARLOUR

RESTAURANTS • CATERING

DÚN LAOGHAIRE

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 the contain.

DINNER MENU —

DÚN LAOGHAIRE



Sharing small plates

TOMATO, ROASTED RED PEPPER & HARISSA HUMMUS €8

Smoked paprika, artichoke hearts, roasted chickpeas served
with homemade garlic flat bread
[1.1, 8, 10, 11]

HOMEMADE FOCACCIA BREAD €6.5

With whipped garlic & herb butter
[1.1, 4]

BALLYCOTTON OAK SMOKED SALMON PLATE €10

Smoked salmon, roasted beetroot, avocado mousse, pickled red onion, capers,
chives & lime crème cheese served with Guinness bread
[1.1, 4, 5, 6, 8, 10, 11, 12]

LOUISIANA CHICKEN WINGS €8

Blue cheese dip, celery, sesame seeds
[1.1, 4, 8, 11, 14]

STICKY & SPICY BABY BACK RIBS €9.5

Char-grilled corn salsa
[8, 10, 12, 14]

HOT HONEY CRISPY CHICKEN BITES €9

Served with garlic yoghurt dip
[1.1, 4, 5, 8, 11]

ORANGE TERIYAKI SALMON €11.5

Lemon-infused lentils
[6, 8, 10, 11, 12, 14]

HOMEMADE FRIED CRISPY CALAMARI €7.5

Served with Nduja aioli
[1.1, 4, 5, 9.3]

PATATAS BRAVAS €7.5

spicy tomato salsa and garlic aioli
[1.1, 4, 5, 8]

STUFFED PORTOBELLO MUSHROOM €8.5

Sautéed baby spinach with wild garlic, cashew nut & rocket pesto
[2.4, 8] [VE]

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 —

DÚN LAOGHAIRE



MAINS

GFP SMASH BURGER €22

Two premium Irish beef patties, American cheese, caramelised onion, pickles GFP secret sauce, brioche bun, onion rings, rustic fries
[1.1,4,5,8,10]

PRAWN & NDUJA PACCHEIRI PASTA €24

Caramelised shallots, prosecco cream sauce topped with fresh parmesan & herb crumb
[1.1,4,7.2,8,12]

BUTTERNUT SQUASH RISOTTO €23

Coconut milk, chilli, toasted pumpkin seeds, crispy sage leaves
[8]

ULTIMATE CHICKEN BURGER €23.5

Panko crispy chicken burger coated in chilli hot honey sauce, crispy lettuce, red cabbage, jerk mayonnaise, toasted brioche bun, served with rustic fries
[1.1,4,5,8,10,11]

STEAK OF THE EVENING

Served with Baby roasted potatoes, asparagus & peppercorn sauce
[4,12]

Please ask your server for more information

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DINNER MENU —

DÚN LAOGHAIRE



PIZZA

CLASSIC MARGHERITA €14.5

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

THE HILL OF TARA €16

San Marzano tomato sauce, buffalo mozzarella, The Wooded Pig garlic Salami
[1.1, 4]

THE ITALIANO €17

San Marzano tomato sauce, buffalo mozzarella, The Wooded Pig garlic salami, red onion, sun-dried tomatoes, basil pesto
[1.1, 4]

BBQ BLAST €16.5

BBQ base, Cajun chicken, red onion, roasted peppers, buffalo Mozzarella
[1.1, 4, 10]

PEPERONI PICANTE €16

San Marzano tomato sauce, buffalo mozzarella, The Wooded Pig pepperoni, Nduja, drizzle with hot honey
[1.1, 4]

CAPRICIOSSA €15.5

San Marzano tomato sauce, buffalo mozzarella, honey-baked Irish ham, portobello mushroom, black kalamata olives, artichoke hearts
[1.1, 4]

PIZZA FRIDAYS

Pint of Peroni or a Glass of Wine
& Any Pizza

ONLY €20
EVERY FRIDAY

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