

GOURMET FOOD PARLOUR

RESTAURANTS · CATERING

STARTERS

GFP CHICKEN WINGS	€10.5
Our famous wings coated in Louisiana or BBQ sauce, served with blue cheese dip & celery [1.1, 5, 8, 10, 11, 12, 14]	
CARAMELISED BRIE & ONION TART	€11
Crushed pistachio, caramelised fig, chilli honey [1.1, 2.7, 4, 5, 12][V]	
ROASTED RED PEPPER HUMMUS	€10
Smoked paprika, artichoke heart, roasted chickpea, served with garlic & coriander flatbread [1.1, 11] [VE] [GF] option available	
GOATS CHEESE BON-BON SALAD	€10.5
Roast beetroot, orange segments, beetroot puree, mixed baby leaves, citrus dressing [1.1, 4, 5, 12] [V]	
PRAWN COCKTAIL SALAD	€11.5
Lime & chilli marinated tiger prawns, avocado, baby gem, red onion, cherry tomatoes, Bloody Mary dressing [4, 5, 7.2, 10]	
HOMEMADE BRANDY & THYME CHICKEN LIVER PÂTÉ	€10.5
Vodka cranberry sauce, toasted rustic bread [1.1, 4, 8, 12]	
GAMBAS PIL PIL	€14
Sautéed in garlic & smoked paprika, served with toasted rustic bread [1.1, 7.2]	

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

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MAINS

SIZZLING CHICKEN FAJITAS	€18.5
Cajun spiced chicken served with flour tortilla wraps, guacamole, tomato salsa & rustic fries [1.1, 8, 10]	
MONKFISH & PRAWN RED CURRY	€23
Peppers & sweet potato in an aromatic coconut sauce, served with steamed basmati rice [6, 7.2, 8, 11] Vegan option available with smoked tofu[8]: €20	
CRISPY DUCK PAPPARDELLE	€22
Pappardelle pasta, Shimeji mushrooms, sundried tomatoes in creamy parmesan sauce topped with crispy duck [1.1, 4, 5, 12]	
SMASH BURGER	€20
Two premium Irish beef smash burger patties, American cheese, onions, gherkins, secret sauce & crispy lettuce on a brioche bun, served with rustic fries & onion rings [1.1, 4, 5, 10, 11, 12]	
CHICKEN SUPREME	€23
Lemon & garlic roasted chicken supreme, smoked pancetta creamy mash potatoes, grilled green vegetables, thyme jus [4, 10, 11, 12, 14]	
PREMIUM SLOW BRAISED BEEF	€25.5
Slow braised feather blade, creamy mash potatoes, celeriac puree, baby carrots, red wine jus [4, 10, 12, 14]	
PORCINI & WILD MUSHROOM BOURGUIGNON	€21
Wild mushrooms, porcini bourguignon with crushed roast chestnuts, gnocchi [1.1, 8, 12, 14][VE]	
STEAK OF THE EVENING	€MP
Ask your server for todays cut & sides [4, 12]	

SIDES

Parmesan & Truffle Fries [1.1, 4]	€6.5	Mashed Potatoes [4]	€4.5
Sautéed Seasonal Vegetables [4]	€5	Rustic Fries [1.1]	€4.5
		Onion Rings [1.1, 4]	€5

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PIZZA

Say Cheeeeeeese!

CLASSIC MARGHERITA €14.5

San Marzano tomato sauce, buffalo mozzarella, fresh basil, our famous garlic dip [V][1.1, 4, 5]

THE HILL OF TARA €16

San Marzano tomato sauce, buffalo mozzarella, The Wooded Pig garlic salami, our famous garlic dip [1.1, 4, 5]

THE ITALIANO €17

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

PARMIGIANA €18

San Marzano tomato sauce, ricotta, goats cheese, buffalo mozzarella, spinach, chilli honey [V][1.1, 4]

BBQ BLAST €16.5

BBQ base, Cajun chicken, red onion, roasted red pepper, buffalo mozzarella [1.1, 4, 8, 11]

WHITE WONDER €16.5

Burrata and Olive oil base, parmesan, basil oil, prosciutto, fresh rocket [1.1, 4]

PIZZA THURSDAY

Any Pizza + Beer/Prosecco

Only €20

ALLERGEN KEY

1. GLUTEN (1.1 Wheat 1.2 Rye 1.3 Barley 1.4 Oats) 2. 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. PEANUTS 4. MILK 5. EGGS 6. FISH 7. CRUSTACEANS (7.1 Crab 7.2 Prawns 7.3 Lobsters 7.4 Crayfish) 8. SOYBEANS 9. MOLLUSCS (9.1 Mussels 9.2 Oysters 9.3 Squid 9.4 Snails) 10. MUSTARD 11. SESAME SEEDS 12. SULPHUR DIOXIDE & SULPHITES 13. LUPIN 14. CELERY [GF] GLUTEN FREE · [V] VEGETARIAN · [VE] VEGAN
All beef used in our dishes is 100% Irish.

All precaution is taken while preparing food in our kitchens. Although the allergens listed are accurate for the dishes, our kitchens are not nut free and gluten free environments.

www.gourmetfoodparlour.com