

GOURMET FOOD PARLOUR

RESTAURANTS · CATERING

DUNSHAUGHLIN DINNER MENU

CHEFS' SET MENU

Available all night Wednesday, Thursday & Sunday

5:00pm-7:00pm Friday - Saturday

Two Courses €29 or Three Courses €35

STARTERS

BURRATA

Cherry heirloom tomato salsa & basil oil, served with toasted rustic bread [1.1, 2.7, 4][V]

GFP CHICKEN WINGS

Our famous wings coated in Louisiana or BBQ sauce, served with blue cheese dip & celery [1.1, 4, 5, 8, 10, 11, 12, 14]

TORPEDO PRAWNS

Panko crumbed tiger prawns served with chilli jam [1.1, 7.2]

SALT & PEPPER CALAMARI

Charred lemon & served with chipotle & lime aioli [1.1, 5, 8, 9.3]

MAINS

SIZZLING CHICKEN FAJITAS

Served with flour tortilla wraps, guacamole, tomato salsa & rustic fries [1.1, 8, 10]

CREAMY TUSCAN CHICKEN

White wine sauce, sundried tomato, baby spinach, pappardelle pasta topped with grated parmesan [1.1, 4, 5, 12]

MONKFISH & PRAWN RED CURRY

Peppers & sweet potato in an aromatic coconut sauce, served with steamed basmati rice

Vegan option available with smoked tofu €19

SMASH BURGER

Two premium Irish beef smash burger patties, American cheese, onion, gherkin, secret sauce & crispy lettuce on a brioche bun. Served with rustic fries & onion rings [1.1, 4, 5, 10, 11, 12]

BAKED GNOCCHI

Braised beef rib ragout with spicy tomatoes & peppers topped with fresh parmesan [1.1, 4, 10, 12, 14]

Vegan option available with smoked tofu [8]

PIZZA OF YOUR CHOICE

YOUR CHOICE FROM OUR EVENING DESSERT MENU

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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STARTERS

BURRATA	€11
Cherry heirloom tomato salsa & basil oil, served with toasted rustic bread [1.1, 2.7, 4][V]	
BUTTERMILK BONELESS BITES	€10
Crispy chicken coated in Louisiana or BBQ sauce, served with garlic aioli [1.1, 4, 5, 8, 10, 11, 12, 14]	
GFP CHICKEN WINGS	€10.5
Our famous wings coated in Louisiana or BBQ sauce, served with blue cheese dip & celery [1.1, 4, 5, 8, 10, 11, 12, 14]	
SALT & PEPPER CALAMARI	€11
Charred lemon & served with chipotle & lime aioli [1.1, 5, 8, 9.3]	
TORPEDO PRAWNS	€10
Panko crumbed tiger prawns served with chilli jam [1.1, 7.2]	
GAMBAS PIL PIL	€14
Sautéed in garlic & smoked paprika, served with toasted rustic bread [1.1, 7.2]	

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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 Vegan option available with smoked tofu €19	
CREAMY TUSCAN CHICKEN	€22
White wine sauce, sundried tomato, baby spinach, pappardelle pasta topped with grated parmesan [1.1, 4, 5, 12]	
SMASH BURGER	€20
Two premium Irish beef smash burger patties, American cheese, onion, gherkin, secret sauce & crispy lettuce on a brioche bun. Served with rustic fries & onion rings [1.1, 4, 5, 10, 11, 12]	
ROASTED IRISH CHICKEN SUPREME	€23
Creamy smoked bacon & leek sauce, buttery mash & selection of seasonal vegetables [4, 12]	
PREMIUM SLOW BRAISED BEEF	€24
Slow braised feather blade, creamy mash potatoes, selection of seasonal vegetables, red wine jus [4, 10, 12, 14]	
BAKED GNOCCHI	€23
Braised beef rib ragout with spicy tomatoes & peppers topped with fresh parmesan [1.1, 4, 10, 12, 14] Vegan option available with smoked tofu [8]	
STEAK OF THE EVENING	€MP
Ask your server for todays cut & sides [4, 12]	

SIDES

Parmesan & Truffle Fries [1.1, 4]	€6	Mashed Potatoes [4]	€4.5
Selection of 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