

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

GOURMET FOOD PARLOUR

RESTAURANTS · CATERING

STARTERS

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

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

GOURMET FOOD PARLOUR

RESTAURANTS · CATERING

MAINS

SIZZLING CHICKEN FAJITAS	€18.5
Cajun spiced chicken served with flour tortilla wraps, guacamole, sour cream, tomato salsa & rustic fries [1.1, 4, 8, 10]	
MONKFISH & PRAWN RED CURRY	€23
Peppers & sweet potato in an aromatic coconut sauce, served with steamed basmati rice [5, 8, 11, 14]	
Vegan option available with smoked tofu €19 [8]	
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

GOURMET FOOD PARLOUR

RESTAURANTS • CATERING

PIZZA

Say Cheeeeeeese!

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

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

PEPERONI PICANTE €15.5

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

CAPRICIOSSA €15

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

PIZZA THURSDAY

Any Pizza + A glass of Wine or a pint of Peroni

Only €20

Every Thursday

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.

www.gourmetfoodparlour.com

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]

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]

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