

WELCOME TO



GOURMET FOOD PARLOUR

RESTAURANTS • CATERING

SALTHILL

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 —

SALTHILL



Galway Seafood & Grill

TOMATO, ROASTED RED PEPPER & HARISSA HUMMUS €6.5

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

BALLYCOTTON OAK SMOKED SALMON PLATE €9.5

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]

HOMEMADE FOCACCIA BREAD & CRUSTY SOURDOUGH BREAD €5.5

With whipped garlic & herb butter
[1.1, 4]

FOCACCIA BRUSCHETTA €7

Toasted focaccia, fresh tomato bruschetta, freshly grated parmesan
[1.1, 4]

LOUISIANA CHICKEN WINGS €8

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

HOT HONEY CHICKEN BITES €8.5

Served with garlic yoghurt dip
[8, 10, 12, 14]

ORANGE TERIYAKI SALMON €11.5

On a bed of lemon-infused lentils, grilled asparagus
[6, 8, 10, 11, 12, 14]

HOMEMADE FRIED CRISPY CALAMARI €7

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

STICKY & SPICY BABY BACK RIBS €9

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

HALLOUMI & PEACH SKEWERS €7.5

Yoghurt dip, drizzled with hot honey
[4] [V]

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 —

SALTHILL



Galway Seafood & Grill

PATATAS BRAVAS €6.5

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

STUFFED PORTOBELLO MUSHROOM €8

Sautéed baby spinach with wild garlic, cashew nut & rocket pesto
[1.1, 2.4, 8][VE]

GARLIC & LEMON CHICKEN SKEWERS €9

Grilled chicken skewers served with chilli & lime mayo
[4, 5, 8, 10]

MINI FISH & CHIPS €10.5

Light battered hake fillet, hand-cut chips, tartar sauce
[1.1, 4, 5, 6, 8]

SMASH BURGER SLIDERS €9

Beef patty, American cheese, burger sauce in a toasted brioche bun
[1.1, 4, 8, 10, 12]

FISH PIE WITH PARMESAN & HERB CRUST €11.5

Creamy fish pie with mash crunchy topping
[1.1, 4, 5, 6, 8, 10, 12, 14]

GALWAY BAY IRISH MUSSELS €7

Shallot, garlic & white wine sauce, finished with tarragon, served with crusty
sourdough bread
[1.1, 4, 8, 9.1, 12]

GRILLED LEMON ASPARAGUS SALAD €6.5

Mixed baby leaf, grilled asparagus, cherry tomato, onion, toasted seeds, drizzled
with lemon basil dressing

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 —

SALTHILL



Sharing boards

WINGS & RIBS SHARING BOARD €35.5

Crispy chicken wings,
hot honey chicken bites,
BBQ glazed baby back ribs,
grilled corn on the cob with lime chilli butter,
crispy patatas, onion rings
Served with Louisiana sauce,
bourbon BBQ sauce, smoked onion aioli
[1.1, 4, 5, 8, 10, 11, 12, 14]

SEAFOOD SHARING PLATTER €38.5

Prawns sautéed in Nduja butter and parsley,
Galway Bay mussels in a garlic, white wine and tarragon sauce,
crispy fried calamari,
orange & soy salmon fillet,
tartar sauce, lemon aioli,
Lemon-infused fennel salad
& homemade crusty sourdough
[1.1, 4, 5, 6, 7.2, 8, 9.1, 10, 11, 12]

Sides

TOASTED FOCACCIA BREAD	€4
SWEET POTATO FRIES	€5.25
WAFFLE FRIES	€5.5
RUSTIC FRIES	€4.5
BATTERED ONION RINGS	€4.5

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