GOURMET
FOOD PARLOUR

DINNER MENU

FOR THE TABLE

SMOKED SEA SALT TOASTED ALMONDS **€5.00**
[1.1, 2.1, 3]

ORANGE, CHILLI & ROSEMARY OLIVE MEDLEY **€5.50**
[4, 10, 11, 12]

HOMEMADE GARLIC FOCACCIA BREAD **€6.00**
Whipped Irish butter, Achill sea salt [1.1, 4]

STARTERS

ROASTED TOMATO BRUSCHETTA **€11.00**
Parmigiano, slow-roasted tomatoes on sourdough toast, olive oil and fresh herbs [V] [1.1, 4] [GF option available]

ROASTED BEETROOT HUMMUS **€11.50**
Maple-glazed beetroot, charred peppers, spiced crispy chickpeas & crusty sourdough. [VE] [1.1, 8, 11, 12]
[GF option available]

CHICKEN LIVER PÂTÉ **€12.50**
Rich chicken liver pâté with cranberry and port chutney, pickled red onion, toasted brioche and spiced pear
[1.1, 4, 5, 8, 10, 12, 14]

BONELESS CRISPY CHICKEN BITES **€12.90**
Hot honey, Louisiana sauce, BBQ sauce, Korean BBQ glaze. Served with buttermilk garlic sauce
[1.1, 4, 5, 10, 11, 12, 14]

CHICKEN WINGS **€12.90**
Louisiana chicken wings, celery sticks, served with buttermilk garlic sauce [1.1, 4, 5, 8, 10, 11, 12, 14]

BRAISED BEEF CROQUETTES **€13.00**
Slow-braised beef, caramelised onion and mash potato croquettes, peppercorn sauce [1.1, 4, 5, 10, 12, 14]

TRADITIONAL IRISH SEAFOOD CHOWDER **€14.00**
Made with fresh salmon, cod, prawn and smoked haddock, fresh dill, Yellow Door sourdough
[1.1, 1.3, 4, 6, 7.2, 9.1, 9.3, 10, 12, 14]

PRAWNS PIL PIL **€15.00**
Sautéed in garlic, chilli & smoked paprika, served with crusty sourdough bread [1.1, 4, 5, 7.2, 8, 10]
[GF option available]

MAIN COURSE

GRILLED HALLOUMI BURGER **€19.00**
Red peppers, Pico de Gallo, crispy lettuce, cranberry mayonnaise, served with sweet potato fries [V] [1.1, 4, 5, 8]

HEREFORD SMASH BURGER **€23.00**
Two premium Irish beef patties, American cheese, caramelised onion, crisp lettuce, pickles, secret GFP sauce, brioche bun, onion rings, rustic fries
[1.1, 4, 5, 8, 10, 12]

CAJUN CHICKEN LINGUINE **€23.00**
Roasted chicken, sun-dried tomato, caramelised onions, in a rich prosecco cream sauce, parmesan cheese.
[1.1, 4, 5, 8, 12, 14]
[V] Option available: crispy oyster mushrooms

TRADITIONAL FESTIVE ROAST **€24.00**
Roast turkey, homemade baked ham, Brussels sprouts, creamy mash potato, onion & sage stuffing, cranberry sauce, chef's gravy [1.1, 4, 10, 12, 14]

CHICKEN SUPREME **€24.00**
Lemon and garlic roasted chicken supreme with creamy mash, charred tenderstem broccoli, smoked bacon and leek cream sauce
[4, 8, 12, 14]

TRADITIONAL FISH AND CHIPS **€26.00**
Lightly battered fresh cod fillet with hand-cut chips, pea and mint purée, caper and herb aioli
[1.1, 4, 5, 6, 10, 12]

STEAK & FRITES **€29.00**
Flat Iron 8oz steak, served with chimichurri or peppercorn sauce, with rustic fries [1.1, 4, 10, 12.14]

SLOW-BRAISED IRISH BEEF **€31.00**
Feather-blade braised in red wine, served with creamy mash, tenderstem broccoli, glazed rainbow carrots, rich red wine jus [4, 8, 10, 11, 12, 14]

SIDES

RUSTIC FRIES [1.1] **€5.00**
CREAMY MASH [4] **€5.00**
BUTTERED SEASONAL VEGETABLES [4] **€5.00**
SWEET POTATO FRIES [1.1] **€5.50**
WAFFLE FRIES [1.1] **€5.75**
CRISPY TATER TOT POTATOES [1.1] **€5.75**
GARLIC BUTTER PARMESAN FRIES [1.1, 4] **€6.50**

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 nuts) | 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 they contain.

At Gourmet Food Parlour, quality ingredients are at the heart of everything we do. For 20 years, we have proudly partnered with trusted Irish farmers, growers, and artisan producers to source the freshest seasonal ingredients possible. Supporting local businesses remains a core part of who we are, helping us deliver high-quality dishes with provenance, flavour, and consistency across every menu.

We are proud to work with valued suppliers, including Quigley's Butchers, Clonakilty Black Pudding, Ballymaloe Relish, Kish Fish, Keelings, Doyles Veg, Bretzel Bakery and La Rousse Foods, helping us bring the best of Irish produce to every dish we serve.

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