

KITCHEN ITALIAN

DAY MENU

APPETISERS

SOUP OF THE DAY €9

Ask your server [1.1,1.2,1.3,1.4,4,14]

SELECTION OF MARINATED OLIVES AND ARTICHOKE €7 (V)

CRISPY CALAMARI A LA ROMANA €12.5

Served with lemon aioli [1.1, 4, 5, 9.3, 10, 12]

ROASTED RED PEPPER HUMMUS €11.5

Roasted red pepper Hummus, smoked paprika, artichoke hearts, olives, sundried tomatoes, roasted chickpeas [1.1, 8, 11,] (VE) [GF] option available

PRAWN PICCATA €14

Sauteed prawns with garlic butter and capers, lemon served with toasted ciabatta [1.1, 4, 7.2, 12]

ARANCINI AL RAGU €12.5

Crispy fried risotto balls filled with ragu, served with tomato and chilli Jam [1.1,4,5,12,14]

SHARING FLATBREADS

SEA SALT AND OLIVE OIL €8.5

[1.1] (V)

CASHEL BLUE CHEESE, HOT CHILLI HONEY €9.5

[1.1, 4](V)

CLASSIC GARLIC €8.5

Made with butter and parsley [1.1, 4] (V)

HEIRLOOM ARTICHOKE €11.5

Fresh mozzarella, roast garlic oil [1.1,4]

We suggest you add hummus[8, 11] (v) to your Sharing Flatbread €4

SALADS

BURRATA SALAD €16.5

Burrata, heirloom tomato salsa, basil olive oil, homemade garlic bread [1.1, 4, 10, 12] (V)

CAESAR SALAD €18

Crispy bacon, herb croutons, parmesan shavings, roast chicken, basil Caesar dressing [1.1, 1.2, 1.3, 4, 5, 6, 8, 10, 12]

ITALIAN BOWL €16

Grilled courgette, heirloom cherry tomato, mix leaves, roasted peppers, marinated olives, artichokes, shaved parmesan pesto drizzle. [4,8,10,11,12]
Add chicken + €4

PASTA

TOMATO AND ROASTED RED PEPPER RIGATONI CIPRIANI €17

Tomato and roasted red pepper ragout, heirloom tomatoes, Fresh basil. Cipriani's Rigatoni, made from the finest durum wheat semolina, embodies Italian culinary heritage in every ridged tube. (V) Add sautéed prawns +€4.5 [1.1,7.2,8,10]

GIANT TORTELLONI €17.5

Stuffed with asparagus and ricotta, served in a creamy pesto sauce with fresh grated parmesan [1.1,4,5,8,10,12]

RIGATONI CIPRIANI ALLA BOSCAIOLA €19

Roast chicken, smoked bacon, mushrooms, prosecco cream sauce, parmesan. Cipriani's Rigatoni, made from the finest durum wheat semolina, embodies Italian culinary heritage in every ridged tube. [1.1,4,8,10,12]

PIZZA

12-inch authentic Italian pizza, freshly made by our skilled chefs.

CLASSIC MARGHERITA €15.5

San Marzano tomato sauce, buffalo mozzarella, fresh basil [1.1, 4, 5] (V)

THE SPIRE €17

San Marzano tomato sauce, buffalo mozzarella, sliced mushroom, pancetta, marinated olive [1.1, 4, 5, 12]

THE ITALIANO €17.5

San Marzano tomato sauce, buffalo mozzarella, salami, prosciutto, red onion, sun-dried tomatoes, basil pesto [1.1, 4, 12]

THE BIG SMOKE €17

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

NDUJA €17

San Marzano tomato sauce, nduja sausage, buffalo mozzarella, honey [1.1, 4,5]

BURRATO ITALIANA €18

Burrata and olive oil base, parmesan, basil oil, prosciutto, fresh rocket [1.1, 4, 12]

All of our pizza's are served with our famous garlic aioli dip along with olive oil and balsamic vinegar [12]

SIDES

FRIES €5.5

TRUFFLE FRIES €7
[1.1,4,10]

EXTRAS

EXTRA TOPPINGS

MEAT €3|CHEESE €2|VEG €2

KITCHEN ITALIAN

DAY MENU

KIDS MENU

MARGARITA PIZZA €10

[1.1, 4, 5]

BBQ CHICKEN PIZZA €10

[1.1, 4, 8, 11]

PEPPERONI PIZZA €10

[1.1,4]

CHICKEN GOUJONS AND FRIES €8

[1.1, 10, 11]

Pasta €7

Tomato or pesto sauce, served with cheese [1.1, 4, 5]

DESSERT

AFFOGATO €7

An Italian dessert of vanilla ice cream over which espresso has been poured
Add liquor
[4]

HOMEMADE CHEESECAKE OF THE DAY €8.5

Served with chantilly cream & fresh strawberries.
[1.1,1.2,1.3,1.4,4,5]

PANNACOTTA €8

Vanilla & caramel panna cotta, crushed meringue, salt & caramel sauce.
May contain nuts
[2, 4, 5]

TIRAMISU €8.5

The classic Italian dessert
May contain nuts & peanuts
[1.1,4,5,8]

TARTUFO HAZELNUT €8.5

Gelato Martinucci truffle, served with white chocolate sauce, raspberry dust
[1.1, 2.1, 2.2, 4, 5]

HOT DRINKS

ESPRESSO €3.25

AMERICANO €3.80

CAPPUCCINO [4] €4.40

LATTE [4] €4.30

FLAT WHITE [4] €4.20

MOCHA [4] €4.50

CHAI LATTE [4] €4.40

HOT CHOCOLATE [4] €4.40

IRISH BREAKFAST TEA €3.75

ORGANIC TEA SELECTION €3.75
CAMOMILE / PEPPERMINT /EARL GREY
GREEN TEA / DECAF

**PARLOUR HOUSE BLEND COFFEE USED,
SUPPLIED AND BLENDED IN IRELAND BY
FINDLATERS**

At Gourmet Food Parlour, we prioritize high-quality ingredients by sourcing locally for 19 years, supporting local farmers and businesses. Some suppliers include Keeling's Farm, Toonsbridge, Keoghs Farm, and Herefordshire Farms.

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