

KITCHEN ITALIAN

DAY MENU

APPETISERS

SOUP OF THE DAY €9

Served with stout bread, ask your server

[1.1,1.2,1.3,1.4,4,14]

CRISPY CALAMARI A LA ROMANA €13

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

PRAWN PICCATA €14

Sauteed prawns with garlic butter, capers, lemon, served with toasted ciabatta

[1.1, 4, 7.2, 12]

ARANCINI AL POMODORO €13

Crispy fried risotto ball filled with marinara & mozzarella, shaved Parmesan, pesto drizzle [1.1,4,5,8,12,14]

SALADS & SANDWICHES

GRILLED PRAWNS AND CITRUS SALAD €21

Mix leaves, red onion, cherry tomatoes, roasted pepper, citrus vinaigrette [7.2,10,12]

CAESAR SALAD €19

Roast chicken, crispy bacon, herb croutons, parmesan shavings, basil Caesar dressing

[1.1, 1.2, 1.3, 4, 5, 6, 8, 10, 12]

LOADED FOCACCIA €17

Cherry tomato focaccia topped with prosciutto crudo, straciatella, rocket, crushed pistachio, balsamic glaze [1.1,2.7,4,5,8,12]

CAPRESE FOCACCIA €15

Mixed cherry tomato, buffalo mozzarella, rocket, basil pesto [1.1,4,5]

PASTA

RIGATONI CIPRIANI ALLA BOSCAIOLA €22

Roast chicken, smoked bacon, mushrooms, prosecco cream sauce, Parmesan. Made with Cipriani's organic egg rigatoni

[1.1,4,5,8,10,12]

ORECCHIETTE CON POMODORINO €20

Orecchiette pasta with cherry tomatoes, fresh basil, extra virgin olive oil, garlic and rocket [1.1,4,5]

Add chicken €4 | Add Prawns €5

TAGLIOLINI ALLA VODKA €19

Tossed in a creamy and vibrant, San Marzano tomato-based sauce infused with vodka, seasoned with fresh herbs and parmesan. Made with Cipriani's organic egg tagliolini

[1.1,4,5,8,10,12]

Add chicken €4 | Add Prawns €5

PIZZA

PIZZA ROSSO

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

MARINARA €14

Classic with San Marzano tomato sauce, fresh basil [VE][1.1]

MARGHERITA €16

San Marzano tomato sauce, fior di latte, fresh basil [1.1,4]

PEPPERONI PICANTE €17.5

San Marzano tomato sauce, spicy pepperoni, fior di latte, red onion, hot honey drizzle [1.1, 4,8,10,12]

PIZZA PEPERONATA €16.5

San Marzano tomato sauce, fior di latte, red onion, trio of peppers, olives [1.1,4]

PROSCIUTTO E FUNGHI €18

San Marzano tomato sauce, fior di latte, baked ham, sauteed mushrooms, basil-infused olive oil [1.1,4,12]

PIZZA BIANCO

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

THE MORTAZZA €19

Fior di latte, Mortadella, Straciatella, crushed pistachio, rocket [1.1,2.7,4,12]

PROSCIUTTO E ARAGULA €18

Fior di latte, fresh rocket paper-thin Prosciutto crudo ham, shaved Parmesan, basil-infused olive oil [1.1,4,12]

PIZZA VALTELLINA €20

Fior di latte, fresh rocket, Bresaola cured beef, shaved parmesan [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 €7.5

[1.1,4,10]

EXTRAS

EXTRA TOPPINGS

MEAT €3 | CHEESE €2 | VEG €2

KITCHEN ITALIAN

DAY MENU

KIDS MENU

MARGHERITA PIZZA (8 inch) €10
[1.1, 4, 5]

HAM & CHEESE PIZZA (8 inch) €12
[1.1, 4, 8, 11]

PEPPERONI PIZZA (8 inch) €12
[1.1, 4]

CHICKEN GOUJONS AND FRIES €10
Crispy chicken goujons with fries served with ketchup
[1.1, 1.2, 1.3, 10, 12]

RIGATONI PASTA €10
Served with butter or pesto, side of grated Parmesan cheese
[1.1, 4, 5, 8, 10]

KITCHEN ITALIAN SUNDAE €8
Vanilla ice cream, berry coulis, fresh cream, topped with berries

Available to order for children under 12
Main dishes include apple or orange juice

DESSERT

AFFOGATO €7
An Italian dessert of vanilla ice cream over which espresso has been poured
[4]
Add Amaretto Disaronno liquor €5 [2.2]

HOMEMADE CHEESECAKE OF THE DAY €8.5
Served with Chantilly cream
[1.1, 1.2, 1.3, 1.4, 4, 5]

TIRAMISU €8.5
The classic Italian dessert
[1.1, 4, 5, 8]

MERINGUE HAZELNUT SEMIFREDO €8.5
Served with Chantilly cream, white chocolate flakes
[1.1, 2.2, 3, 4, 5, 8]

HOT DRINKS

ESPRESSO €3.30

AMERICANO €3.90

CAPPUCCINO [4] €4.50

LATTE [4] €4.50

FLAT WHITE [4] €4.30

MOCHA [4] €4.60

CHAI LATTE [4] €4.40

HOT CHOCOLATE [4] €4.40

IRISH BREAKFAST TEA €3.75

ORGANIC TEA SELECTION €3.80
**CAMOMILE / PEPPERMINT / EARL GREY
GREEN TEA / DECAF**

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

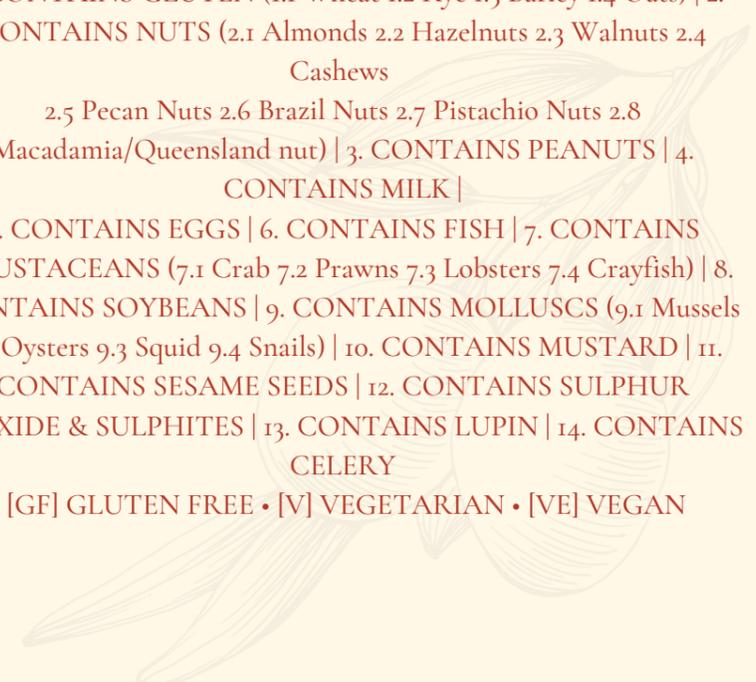
At Gourmet Food Parlour, we prioritise high-quality ingredients by sourcing locally for 19 years, Our fare is shaped by long-standing relationships with Irish producers, where local ingredients are sourced via sustainable practices. From the farm to your table, we serve only the freshest seasonal produce, along with premium Irish beef and chicken. Healthy, nutritious, and always full of flavour.

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



KITCHEN ITALIAN

BREAKFAST

SIGNATURE BREAKFAST

EGGS & TOAST €10.5

Creamy scrambled or poached free-range eggs served with toasted crusty sourdough and a side of basil pesto [1.1, 1.2, 1.3, 1.4, 4, 5, 11, 12]

MIXED BERRY & NUT GRANOLA €10

Greek-style yoghurt, homemade forest fruit compote, seed & nuts granola, honey drizzle, fresh berries [1.4, 2.1, 2.2, 2.3, 2.4, 2.5, 3, 4, 8, 12]

KITCHEN ITALIAN BREAKFAST €16.5

Poached free-range egg, prosciutto crudo ham, rocket, tomato and basil, on thick cut sourdough toast, basil-infused olive oil [1.1, 1.4, 5, 10, 12]

THE BIG BREAKFAST €18

Creamy free-range scrambled eggs, Irish bacon, Clonakilty black & white pudding, pork sausages, chive and onion potato cake, tomato relish, Bretzel granary toast [1.1, 1.3, 4, 5, 10, 11]

ROMANA OMELETTE €16

Buffalo mozzarella, sun-blushed tomatoes, fresh basil, sauté potatoes [1.1, 4, 5, 12]

Add crispy streaky bacon €3.5 [12]

Add prosciutto crudo €4 [12]

EVERYTHING SMOKED SALMON FLATBREAD €17

Freshly baked sourdough flatbread, smoked salmon, dill & lime cream cheese, red onion, rocket and basil-infused olive oil [1.1, 4, 6, 8, 10, 12]

CRÊPES €14

Sicilian Lemon curd, crumbled meringue, fresh berries [1.1, 4, 5, 8, 12]

KIDS BREAKFAST

SCRAMBLED EGG AND TOAST €9

Creamy scrambled free-ranged egg, fresh rocket served with toast [1.1, 4, 5]

CRÊPE WITH NUTELLA AND STRAWBERRIES OR LEMON & SUGAR €8

[1.1, 2.2, 4, 5, 8] *may contain sesame

Available to order for children under 12
Main dishes include apple or orange juice

PASTRIES

CLASSIC CROISSANT €3.75

[1.1, 4, 5]

ALMOND CROISSANT €4.5

[1.1, 2.2, 4, 5]

SCONE SELECTION €4.5

Served with fresh cream and raspberry jam [1.1, 2, 4, 5]



KITCHEN ITALIAN

BREAKFAST

HOT DRINKS

ESPRESSO	€3.30
AMERICANO	€3.90
CAPPUCCINO [4]	€4.50
LATTE [4]	€4.50
FLAT WHITE [4]	€4.30
MOCHA [4]	€4.60
CHAI LATTE [4]	€4.40
HOT CHOCOLATE [4]	€4.40
IRISH BREAKFAST TEA	€3.75
ORGANIC TEA SELECTION	€3.80
Camomile / Peppermint /Earl Grey Green Tea / Decaf	

Parlour House Blend coffee used, supplied and blended in Ireland by Findlaters

COLD DRINKS

HOMEMADE SMOOTHIES

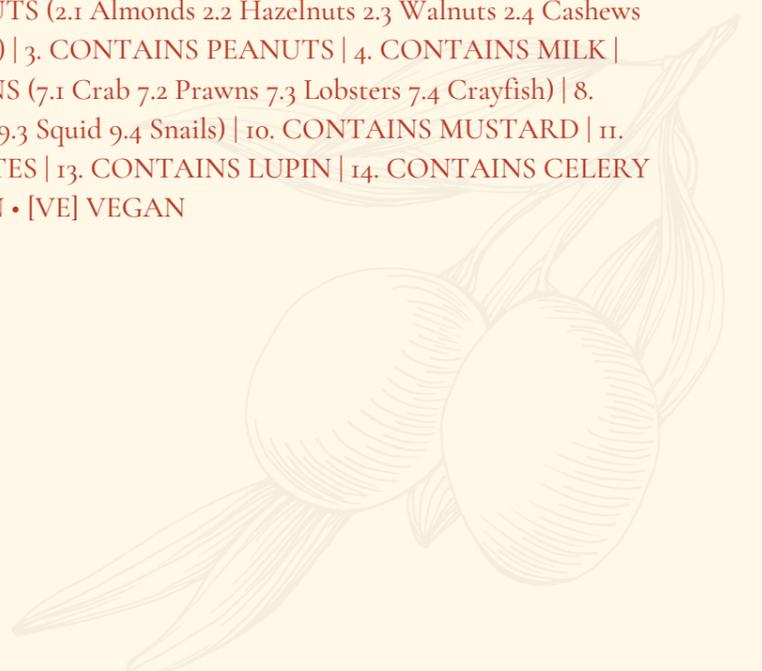
BERRY NICE	€6
Mixed berries, banana, milk, honey [4]	
TROPICAL	€6
Papaya, pineapple, mango, kiwi, coconut	
KEELINGS FRESH JUICES	€4.75
Apple/Orange	
ALL ABOUT KOMBUCHA	€4.50
Ginger & Lemon Organic / Raspberry	
MINERALS	€3.95
Coke / Coke Zero / 7up /7up Free / Club Orange	
WATER	€3 /€6
Still or Sparkling	
SICILIAN LEMONADE	€7
Freshly squeezed lemon juice, basil, soda	
PEACH & MINT LEMONADE	€7
Freshly squeezed lemon juice, peach, mint, soda	

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DRINKS

WHITE WINE

125ML / 175ML / BOTTLE

CUATRO RAYAS LASECA VERDEJO, RUEDA, SPAIN [12]

€6 / €8.5 / €33

Straw yellow with green hues, bright, fresh and balanced aromas, typical of the variety.

MORGAN BAY CHARDONNAY, CALIFORNIA USA [12]

€6 / €8.5 / €33

This Chardonnay has a bright gold appearance with a fresh clean nose of lemon, pear and apple.

OPAWA SAUVIGNON BLANC, MARLBOROUGH, NEW ZEALAND [12]

€7 / €10 / €40

The palate is refreshing and intense, displaying crisp citrus notes and passionfruit flavours.

DE PAULO PINOT GRIGIO, TRIESTE, ITALY [12]

€6 / €9 / €34

Straw colour, this pinot grigio displays a long-lasting fruity bouquet.

RED WINE

125ML / 175ML / BOTTLE

CODICI MASSERIE PRIMITIVO, PUGLIA ITALY [12]

€6 / €8.5 / €35

A dense bouquet of black fruits such as cherries, blackberries and plums, complemented by inviting cocoa notes.

MAISON DE LA VILLETTE CABERNET SAUVIGNON, FRANCE [12]

€6.5 / €9 / €36

Elegant notes of liquorice, roasted coffee beans and dark chocolate melted with fruity aromas of black cherries and a spicy touch of cinnamon.

CATENA MALBEC, VISTA FLORES MENDOZA, ARGENTINA [12]

€8 / €10.5 / €42

Elegantly structured showing ripe blackberry and blackcurrant fruit flavours and plenty of peppery spice.

MARQUES DE CACERES EXCELLENS CUVÉE ESPECIAL TEMPRANILLO, RIOJA SPAIN [12]

€9 / €38

Bouquet of ripe fruit and refined oak confirming its meticulous ageing in barrel.

BUBBLES

SERENA SPAGO, PROSECCO €9.5 / €36

Brilliant hue and inviting, faintly citrus-like aromas

SANTA MARGHERITA PROSECCO FRIZZANTE, VENETA, ITALY [12]

€9 / €35

Its brilliant hue and inviting, faintly citrus-like aromas lead into a palate that is agreeably fresh and fruity. The light, elegant perlage freshens the palate and makes this wine excellent for pairing even with quite complex dishes.

ROSÉ

MARQUES DE CACERES EXCELLENS ROSÉ, RIOJA, SPAIN [12]

€9 / 35

The Marques de Caceres Excellens rose is an attractive, pale rosé colour with rose petals and refined notes of peaches on the nose. Silky-smooth and balanced in the mouth with delicate flavours of mature white peaches and pears. Its character comes through delicately on tasting with a touch of vivacity highlighting its freshness. Succulent with a nice finish.

KITCHEN ITALIAN

DRINKS

COCKTAILS

APEROL SPRITZ €10

Aperol liqueur, prosecco, soda water

LIMONCELLO FIZZ €10

Limoncello liqueur, prosecco

SC AMALFI SPRITZ €10.50

Elderflower liqueur, strawberry, mint, prosecco, soda water

AMARETTO SOUR €12

Amaretto liqueur, lemon juice, bitters

HOT DRINKS

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