## WELCOME TO



**RESTAURANTS · CATERING** 

# DÚN LAOGHAIRE

#### 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.



### Sharing small plates

#### TOMATO, ROASTED RED PEPPER & HARISSA HUMMUS €8

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

#### **HOMEMADE FOCACCIA BREAD €6.5**

With whipped garlic & herb butter [1.1, 4]

#### BALLYCOTTON OAK SMOKED SALMON PLATE €10

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]

### **LOUISIANA CHICKEN WINGS €8**

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

#### STICKY & SPICY BABY BACK RIBS €9.5

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

#### HOT HONEY CRISPY CHICKEN BITES €9

Served with garlic yoghurt dip [1.1, 4, 5, 8, 11]

#### **ORANGE TERIYAKI SALMON €11.5**

Lemon-infused lentils [6, 8, 10, 11, 12, 14]

#### HOMEMADE FRIED CRISPY CALAMARI €7.5

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

#### PATATAS BRAVAS €7.5

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

#### STUFFED PORTOBELLO MUSHROOM €8.5

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

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.



### Sharing small plates

#### GARLIC & LEMON CHICKEN THIGHS SKEWERS €9.5

Grilled chicken skewers served with jerk mayo [4, 5, 8, 10]

#### **PRAWNS PILL PILL €12**

Sautéed in garlic, chilli & smoked paprika, served with crusty sourdough bread [1.1, 4, 7.2, 8, 12]

#### **DUBLIN BAY IRISH MUSSELS €7.5**

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

#### PROVOLONE SOURDOUGH BUN €7.5

Homemade bun with melted provolone cheese, brushed with garlic butter. [1.1, 4] [V]

#### FOCACCIA BRUSCHETTA €8.5

Homemade focaccia, fresh tomato bruschetta [1.1, 4] [V]

### HOMEMADE STROMBOLI €9.5

Wooded pig salami, mozzarella, fresh herbs served with garlic sauce [1.1, 4, 8]

#### PICANTE FLAT BREAD €8.5

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

### Sharing boards

#### WINGS & RIBS SHARING BOARD €35.5

Crispy chicken wings, hot honey chicken bites, BBQ glazed baby back ribs, grilled corn on 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 €42.5**

Prawns sautéed in Nduja butter and parsley, Dublin 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 and homemade crusty sourdough

[1.1, 4, 5, 6, 7.2, 8, 9.1, 10, 11, 12]

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.



#### MAINS

#### **GFP SMASH BURGER €22**

Two premium Irish beef patties, American cheese, caramelised onion, pickles GFP secret sauce, brioche bun, onion rings, rustic fries
[1.1,4,5,8,10]

#### PRAWN & NDUJA PACCHEIRI PASTA €24

Caramelised shallots, prosecco cream sauce topped with fresh parmesan & herb crumb
[1.1,4,7.2,8,12]

#### **BUTTERNUT SQUASH RISOTTO €23**

Coconut milk, chilli, toasted pumpkin seeds, crispy sage leaves [8]

#### **ULTIMATE CHICKEN BURGER €23.5**

Panko crispy chicken burger coated in chilli hot honey sauce, crispy lettuce, red cabbage, jerk mayonnaise, toasted brioche bun, served with rustic fries [1.1,4,5,8,10,11]

#### STEAK OF THE EVENING

Served with Baby roasted potatoes, asparagus & peppercorn sauce [4,12]

Please ask your server for more information



#### PIZZA

#### **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 €16.5**

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

#### PEPERONI PICANTE €16

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

[1.1, 4]

#### **CAPRICIOSSA €15.5**

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

[1.1, 4]

### PIZZA FRIDAYS

Pint of Peroni or a Glass of Wine & Any Pizza

## ONLY €20 EVERY FRIDAY

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.