



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]



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]

DINNER MENU

DÚN LAOGHAIRE



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]

CAPRICIOSA €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.

Some of our local suppliers include Keeling's Farm, Toonsbridge, Keoghs Farm, Herefordshire Farms