

# GOURMET FOOD PARLOUR

RESTAURANTS • CATERING

## LIGHT BITES

### SOUP OF THE DAY €9

Served with fresh bread [1.1, 4, 11]

### BONELESS CHICKEN BITES €10.5

Plain, Louisiana, or BBQ bourbon sauce, garlic aioli or blue cheese dip [1.1, 4, 5, 8, 11, 14]

### GFP CHICKEN WINGS €10.5

Louisiana sauce or BBQ bourbon sauce, garlic aioli or blue cheese dip [1.1, 4, 5, 8, 10, 11, 12, 14]

## MAINS

### CAJUN CHICKEN QUESADILLAS €19.5

Monterey Jack cheese, Tex-Mex salsa, guacamole & sour cream dips, rustic fries\* [1.1, 4, 5, 8, 12]

### GFP CHICKEN FILLET ROLL €18.5

Crispy chicken fillet coated in chilli hot honey, Monterey Jack cheese, streaky bacon, crispy lettuce, red cabbage slaw, smoked onion mayonnaise on Bretzel soft white roll served with rustic fries\* [1.1, 4, 5, 8, 10, 11]

### GFP SMASH BURGER €19.95

Two premium Irish beef patties, American cheese, caramelised onion, pickles, secret GFP sauce, brioche bun, rustic fries\* [1.1, 4, 5, 8, 10]  
Add an extra patty with cheese +€3.5

### ULTIMATE CHICKEN BURGER €19.95

Panko crispy chicken burger coated in chilli hot honey, crispy lettuce, red cabbage slaw, jerk mayonnaise, on toasted brioche bun, served with rustic fries\* [1.1, 4, 5, 8, 10, 11] Add grilled halloumi +€3

### PRAWN & NDUJA PACCHIERI PASTA €21

caramelised shallots, prosecco white wine, cream sauce topped with freshly grated parmesan & herb crumb [1.1, 4, 7.2, 8, 12] | Add garlic bread +€2.50

### ROMESCO PACCHIERI PASTA €18

Rich roasted red pepper, tomato ragout, heirloom cherry tomato, basil oil VE][1.1, 8, 12] | Add Chicken +€3 / Add Prawns [7.2] +€4

\*Dishes marked: Upgrade to Sweet Potato Fries or Waffle Fries +€1

## SALAD

### HOT HONEY CHICKEN BOWL €17.5

Sweet & spicy crispy chicken, fragrant rice, pickled onion, shredded lettuce, fresh avocado, red slaw, drizzle jerk mayonnaise [1.1, 4, 5, 8, 10, 11]  
Vegan option: Grilled tofu [8]

### SCHNITZEL CAESAR SALAD €17.5

Chicken schnitzel in panko breadcrumb, topped with cos lettuce, crispy bacon, fresh grated parmesan, homemade basil Caesar dressing [1.1, 4, 5, 6, 8, 14, 15]

### PROTEIN SALMON BOWL €19

Ballycotton Oak Smoked Salmon, fragrant rice, slow-roast peppers, fresh avocado, pickled red onion, edamame beans, black sesame seeds, spicy jerk mayo drizzle [1.1, 4, 5, 6, 8, 10, 11]

### HALLOUMI & HUMMUS SALAD €16.5

Tomato & harissa hummus, grilled halloumi, baby leaves, pickled red onion, quinoa, roasted beetroot, cherry tomato, basil citrus dressing. [4, 8, 11, 12]  
Vegan option: Change for Grilled tofu +€2.5 [VE] [8]

### ADD-ONS

Halloumi [4] €2.6 | Avocado €2.6 | Chicken €3 | Prawns [7.2] +€4

## SANDWICHES

### TRIPLE DECKER CLUB SANDWICH €15.5

Roast chicken, crispy bacon, tomato, Dubliner cheddar, free range egg, mixed leaves, pesto mayonnaise, toasted Bretzel White bread [1.1, 1.2, 4, 5]

### FAMOUS ROAST CHICKEN €13.5

Roast chicken, stuffing, garlic aioli, spring onion, Bretzel granary bread [1.1, 4, 5, 8, 11]

### LOUISIANA CHICKEN WRAP €14

Louisiana chicken goujons, cos lettuce, red onion, blue cheese aioli, toasted wrap [1.1, 4, 5, 8]

### SUPERFOOD WRAP €13

Halloumi, avocado, roast beets, spinach, grated carrot, pumpkin seeds, honey mustard dressing, toasted beetroot wrap [V] [1.1, 4, 10]

### PASTRAMI ROLL €13.5

Shaved pastrami, Emmental cheese, gherkin, red onion, baby lettuce, honey mustard aioli on soft white roll [1.1, 4, 8, 11]

### OPEN SMOKED SALMON EVERYTHING BAGEL €14

Ballycotton Oak Smoked Salmon, chives cream cheese, pickled red onion, rocket in Bretzel everything bagel. [1.1, 4, 6, 8, 11]

### SANDWICH OF THE WEEK

Ask server for more information

### SANDWICH ADD-ONS

Cup of Soup of the Day €3.5 | Cheddar Cheese [4] €2 | Irish Bacon €3 | Roast Chicken €3

*\*Gluten free bread available*

## PIZZA

### CLASSIC MARGHERITA €14.5

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

### 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, 10]

### BBQ FEAST €16

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

### PEPERONI PICANTE €15.5

San Marzano tomato sauce, buffalo mozzarella, The Wooded Pig pepperoni, Nduja, drizzle with hot honey [1.1, 4]

### CAPRICIOSSA €15

San Marzano tomato sauce, buffalo mozzarella, honey-baked Irish ham, portobello mushroom, black kalamata olives, artichoke hearts [1.1,4]

\*all pizzas are served with our famous garlic dip

## SIDES

For all fries, choose a dip from BBQ, garlic aioli, blue cheese, chipotle aioli [1.1, 5]

RUSTIC FRIES €4.5 [1.1]

SWEET POTATO FRIES €5.25 [1.1]

WAFFLE FRIES €5.5 [1.1]

PATATAS BRAVAS €7.5 Salsa, aioli [1.1, 5]

BATTERED ONION RINGS €4 [1.1]

# GOURMET FOOD PARLOUR

RESTAURANTS · CATERING

## DUN LAOGHAIRE LUNCH MENU

*All of our breakfasts are freshly cooked using local Irish suppliers*

Proudly serving the community since 2006

### JUICES & SMOOTHIES

KEELINGS FRESH JUICES €4.5  
Fresh apple or orange juice

HOMEMADE SMOOTHIES €6  
BERRY  
Mixed berries, banana, milk [4]

TROPICAL  
Papaya, pineapple, mango, kiwi, coconut milk

### HOMEMADE LEMONADES

SUMMER BERRY €7  
Freshly squeezed lemon juice, strawberry puree, raspberry syrup, sparkling water

KIWI & MINT €7  
Freshly squeezed lemon juice, Kiwi syrup, mint leaves, sparkling water

PASSIONFRUIT €7  
Freshly squeezed lemon juice, Passionfruit syrup, mint leaves, sparkling water

### TEA & COFFEE

*Featuring our full bodied Parlour House Blend*

#### COLD

ICED AMERICANO €4.75  
ICED LATTE [4] €5  
ICED MOCHA [4] €5.5  
ICED TEA €7  
Green Tea & Peach, Mango & Pineapple

ADD A SYRUP 50c  
Vanilla / Hazelnut [2.2] / Caramel

#### HOT

ESPRESSO €3.25  
AMERICANO €3.8  
CAPPUCCINO [4] €4.4  
LATTE [4] €4.4  
FLAT WHITE [4] €4.2  
CHAI LATTE [4] €4.4  
MOCHA [4] €4.5  
HOT CHOCOLATE [4] €4.4  
IRISH BREAKFAST TEA €3.75  
TEA SELECTION €3.75  
Camomile / Peppermint / Earl Grey  
/ Green Tea / Decaf

ADD ALTERNATIVE MILK 30c  
Soy [8] / Almond [2.1] / Oat [1.4] / Coconut [8]

### REFRESHMENTS

ALL ABOUT KOMBUCHA €4.75  
Ginger & Lemon Organic  
/ Raspberry

MINERALS €3.85  
Coke / Coke Zero / 7up / 7up Free  
/ Club Orange

SAN PELLEGRINO €4  
Lemon / Blood Orange

WILD ORCHARD LEMONADES  
€4.5  
Cloudy / Pink

FIOR UISCE WATER €3/€5.5  
Still or Sparkling Small/Large

### APERITIFS

APEROL MIMOSA €11  
GFP SPRITZ €11  
HUGO €10.5

### WINE

RED  
DOPPIO PASSO PRIMITIVO, SALENTO PUGLIA  
ITALY €8 | €34  
MAISON DE LA VILLETTE CABERNET SAUVIGNON  
FRANCE €8.5 | €34.5

WHITE  
DE PAULO PINOT GRIGIOT, TRIESTE  
ITALY €8.5 | €33  
OPAWA SAUVIGNON BLANC, MARLBOROUGH  
NEW ZEALAND €9.5 | €38.5

FULL DRINKS MENU AVAILABLE

#### 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.

[www.gourmetfoodparlour.com](http://www.gourmetfoodparlour.com)

(A discretionary service charge of 10% will be added to the bill for parties of 8 or more. 100% of tips go to our wonderful staff!)

Thank you for choosing Gourmet Food Parlour. We hope you enjoyed your meal and had a wonderful experience. Your support means the world to us, and we look forward to welcoming you back soon. Have a great day!