

GOURMET FOOD PARLOUR

Dun Laoghaire Dinner Menu

CHEFS' SET MENU

Available all night Thursday
5:00pm 7:00pm Friday - Sunday

Two Courses €29 or Three Courses €34

STARTERS

PIL PIL PRAWNS

Organic yogurt, lemon, spring onions & chillies, toasted sourdough [1,1,4,5]

BREADED TIPPERARY BRIE

Curried spiced mango chutney [1,1,4,5]

VEGAN CAULIFLOWER WINGS

vegan garlic aioli [1,1,8,14][VE]

LOUISIANA CHICKEN WINGS

Black and white sesame seeds, celery, blue cheese aioli [1,1,4,5,11]

MAINS

THAI RED CURRY

Sweet potato, roasted red peppers, fragrant basmati rice (add prawns and monkfish) [6][VE][GF] add prawns +€3 / add monkfish +€4.5

RICOTTA RAVIOLI PASTA

Spinach, creamy parmesan sauce, walnut crumb & crispy sage leaves
[1,1,2,3,4,5,12][V]

ROAST SUPREME OF IRISH CHICKEN

Crème fraîche and chive mash, smoked pancetta, wild mushroom cream sauce [4,12][GF]

100Z IRISH SIRLOIN STEAK +€5

Buttery mash, garlic green beans, double fried onion rings, Jack Daniels peppercorn sauce [1,1,4,12]

DESSERTS

SEE SERVER FOR TODAY'S OPTIONS

Ask your server for tonight's
special dishes and drinks

GOURMET FOOD PARLOUR

À LA CARTE

STARTERS

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| SEASONAL SOUP OF THE DAY Rustic bread [1.1,4,14] | €8 |
| PIL PIL PRAWNS Organic yogurt scented with lemon, spring onions & fresh chillies, toasted sourdough [1.1,4,7.2,12] | €13.5 |
| BREADED TIPPERARY BRIE Curried spiced mango chutney [1.1,4,5][V] | €10 |
| LOUISIANA CHICKEN WINGS Black and white sesame seeds, celery, blue cheese aioli [1.1,4,5,11] | €10.5 |
| SEARED SCALLOPS Shaved fennel and apple salad, orange reduction, crispy cappers, grapefruit gel [4,7][GF] | €13.5 |
| CHICKEN LIVER PATE Red onion & fig compote & toasted ciabatta bread [1.1,4,12] | €11 |
| VEGAN CAULIFLOWER WINGS Vegan garlic aioli [1.1,8,14][VE] | €10.5 |

GOURMET FOOD PARLOUR

À LA CARTE

MAINS

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| RICOTTA RAVIOLI PASTA Spinach, creamy parmesan sauce, walnut crumb & crispy sage leaves [1.1,2.3,4,5,12][V] | €16 |
| ASPARAGUS, GREEN PEA & MINT RISOTTO Rocket, toasted seeds & chive pesto oil [11][VE][GF] | €18 |
| THAI RED CURRY Sweet potato, roasted red peppers, fragrant basmati rice [6][VE][GF] add prawns +€3 / add monkfish +€4.5 | €19 |
| ROAST SUPREME OF IRISH CHICKEN Crème fraîche & chive mash, smoked pancetta, wild mushroom cream sauce [4,12][GF] | €23 |
| HEREFORD IRISH BEEF BURGER Crispy bacon, cheddar, red onion, tomato, lettuce, relish & garlic aioli on a brioche bun, served with rustic fries and homemade onion rings [1.1,4,5] | €20 |
| 100Z IRISH SIRLOIN STEAK Creamy mash, roast portobello mushrooms, double-fried onion rings, Jack Daniels peppercorn sauce [1.1,4,12] | €32 |
| MARKET FISH See server for today's option [ask your server for allergens] | €MP |
| GFP EVENING ROAST See server for today's cut, served with rosemary mash, seasonal fresh vegetables & red wine jus [4,12][GF] | €MP |

SIDES

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| Sautéed Wild Mushrooms [4] | €5 | Rustic Fries [1.1] | €4.5 |
| Seasonal Veg [4] | €5 | Parmesan Fries [1.1,4] | €5 |
| Garden Salad [12] | €4.5 | Buttered Fine Beans [4] | €4.5 |
| Mashed Potatoes [4] | €4.5 | Onion Rings [1.1] | €4.5 |

GOURMET FOOD PARLOUR

À LA CARTE

DESSERTS

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| CHOCOLATE DOME Prosecco raspberry sorbet [1,2,4,5,8] | €8.5 |
| OREO CHOCOLATE BROWNIE Orange chocolate shavings & vanilla bean ice cream [1.1,2,4,5,8] | €8.5 |
| MANGO & PASSIONFRUIT CHEESECAKE Chantilly cream & passionfruit flake [1,4] | €8.5 |
| CHIBOUST APPLE TARTLET Pear sorbet & toffee apple [1,2,4,5,8] | €8.5 |
| PECAN PIE Toffee pecans & vanilla bean ice cream [1,2,4,8,11] | €8.5 |

ALLERGEN KEY

1. GLUTEN (1.1 Wheat 1.2 Rye 1.3 Barley 1.4 Oats) 2. 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. PEANUTS 4. MILK 5. EGGS 6. FISH 7. CRUSTACEANS (7.1 Crab 7.2 Prawns 7.3 Lobsters 7.4 Crayfish)
8. SOYBEANS 9. MOLLUSCS (9.1 Mussels 9.2 Oysters 9.3 Squid 9.4 Snails) 10. MUSTARD 11. SESAME SEEDS
12. SULPHUR DIOXIDE & SULPHITES 13. LUPIN 14. CELERY

[GF] GLUTEN FREE · [V] VEGETARIAN · [VE] VEGAN

All beef used in our dishes is 100% Irish.

All precaution is taken while preparing food in our kitchens.
Although the allergens listed are accurate for the dishes,
our kitchens are not nut free and gluten free environments.

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

www.gourmetfoodparlour.com