

GOURMET FOOD PARLOUR

Salthill Dinner Menu

CHEFS' SET MENU

5:30pm 7:00pm Friday - Saturday

Two Courses €26 or Three Courses €32

STARTERS

BRUSCHETTA

Vine ripe tomatoes, mozzarella, Basil, garlic, olive oil, balsamic reduction, on focaccia. contains [1,1,4,12][V]

CAESAR SALAD

Crispy Cos, Caesar dressing, croutons parmesan cheese. contains [1,1,4,5,10]
Add Chicken+€3 / Add Prawns [7.2] +€4

LOCAL GALWAY BAY MUSSELS

cooked in rich spicy tomato sauce, rustic sourdough bread. contains [1,1,9,1,12]

LOUISIANA CHICKEN WINGS

Black and white sesame seeds, celery, blue cheese aioli. contains [1,1,4,5,11,14]

MAINS

THAI RED MONKFISH & PRAWN CURRY

Sweet potato, roasted red peppers, fragrant basmati rice. contains [6,7.2][GF]
available vegan

FISH AND CHIPS

Beer battered fresh Irish fish, house fries, GFP tartar sauce, mix leaves salad, seared lemon. contains [1,1,4,5,6]

PAN ROASTED SUPREME OF IRISH CHICKEN

Smokey bacon mash, buttered garlic green beans, thyme jus. contains [4,12]
[GF]

100Z IRISH SIRLOIN STEAK +€5

Creamy mash, roast portobello mushrooms, double-fried onion rings, Jack Daniels peppercorn sauce. contains [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

SOUP OF THE DAY	€7
Rustic bread contains [1.1,4,14]	
GOATS CHEESE BON BONS	€9
Beetroot carpaccio, apple and fennel salad, basil pesto contains [1.1,4,5][V]	
LOCAL GALWAY BAY MUSSELS	€9.95
Cooked in rich spicy tomato sauce, rustic sourdough bread. contains [1.1,9.1,12]	
BRUSCHETTA	€8
Vine ripe tomatoes, mozzarella, Basil, garlic, olive oil, balsamic reduction, on focaccia contains [1.1,4,12][V]	
KILKEEL IRISH CRAB TRUFFLE MAC AND CHEESE	€9.5
Macaroni pasta, 3 cheese sauce, white truffle oil, pistachio crumb contains [1.1,2.7,4,12]	
CAESAR SALAD	€8.5
Crispy cos, Caesar dressing, croutons parmesan cheese Add Chicken +€3 / Add Prawns [7.2] +€4 contains [1.1,4,5,10]	
LOUISIANA CHICKEN WINGS	€9
Black and white sesame seeds, celery, blue cheese aioli contains [1.1,4,5,11]	

GOURMET FOOD PARLOUR

À LA CARTE

MAINS

THAI RED MONKFISH & PRAWN CURRY €19
Sweet potato, roasted red peppers, fragrant basmati rice.
contains [6,7,2][GF] available vegan

FISH AND CHIPS €17
Beer battered fresh Irish fish, house fries, GFP tartar
sauce, mix leaves salad, seared lemon. contains [1.1,4,5,6]

CLASSIC FISH PIE €19
A mix of classic seafood cooked in a white wine chive
sauce, finished with creamy mash potato, served with a
citrus salad. contains [4,6,12][GF]

PAN ROASTED SUPREME OF IRISH CHICKEN €21.5
Smokey bacon mash, buttered garlic green beans,
thyme jus. contains [4,12][GF]

100Z IRISH SIRLOIN STEAK €28
Creamy mash, roast portobello mushrooms, double-fried
onion rings, Jack Daniels peppercorn sauce. contains
[1.1,4,12]

SURF & TURF €29
Baby fillet beef, Cajun salmon chive mash, side of
seasoned roasted vegetables. contains [4,12][GF]

RACK OF IRISH LAMB €32
Garlic herb crust, herb mash, glazed baby carrots,
steamed broccoli, rosemary jus. contains [1.1,4,12]

SIDES

Sautéed Wild Mushrooms €4.5 **Rustic Fries** €4.5
contains [4][V][GF] contains [1.1]

Seasonal Veg €4 **Parmesan Fries** €5
contains [4][VE][GF] contains [1.1,4]

Garden Salad €4 **Buttered Fine Beans** €4
contains [12][VE][GF] contains [4][V][GF]

Mashed Potatoes €4 **Onion Rings** €4
contains [4][V][GF] contains [1.1]

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À LA CARTE

DESSERTS

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