

GOURMET FOOD PARLOUR

Salthill Dinner Menu

CHEFS' SET MENU

Available all 5:30pm 7:00pm Friday - Saturday

Two Courses €25 or Three Courses €30

STARTERS

BURRATA

Cherry heirloom tomato salsa & basil oil, served with toasted rustic bread
[1,1,2,7,4][V]

BUTTERMILK BONELESS BITES

Crispy chicken coated in Louisiana or BBQ sauce, served with garlic aioli
[1,1,4,5,8,10]

TORPEDO PRAWNS

Panko crumbed tiger prawns served with chilli jam [1,1,7,2]

BAKED GNOCCHI

Braised beef rib ragout with spicy tomatoes & peppers topped with fresh
parmesan [1,1,4,10,12,14] VE available with smoked tofu [8]

MAINS

SIZZLING CHICKEN FAJITAS

Served with flour tortilla wraps, guacamole, tomato salsa & rustic fries [1,1,8,10]

THAI PRAWN RED CURRY

Peppers & onion in an aromatic coconut sauce, served with steamed basmati
rice [6,7,8,11] VE available with smoked tofu [8]

CREAMY TUSCAN CHICKEN

White wine sauce, sundried tomato, baby spinach, pappardelle pasta topped
with grated parmesan [1,1,4,5,12]

SMASH BURGER

Two premium Irish beef smash burger patties, American cheese, onion,
gherkin, secret sauce & crispy lettuce on a brioche bun. Served with rustic
fries & onion rings [1,1,4,5,10,11,12]

BAKED GNOCCHI

Braised beef rib ragout with spicy tomatoes & peppers topped with fresh
parmesan [1,1,4,10,12,14] VE available with smoked tofu [8]

YOUR CHOICE FROM OUR EVENING DESSERT MENU

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

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STARTERS

BREADS & DIPS A selection on house dips, olives & fresh bread [1.1,4,10,11][V]	€6.5
HEIRLOOM CHERRY TOMATO BRUSCHETTA Ciabatta crostini, whipped feta cheese & basil oil [1.1,4][V]	€8.5
BURRATA Cherry heirloom tomato salsa & basil oil, served with toasted rustic bread [1.1,2,7,4][V]	€11
BUTTERMILK BONELESS BITES Crispy chicken coated in Louisiana or BBQ sauce, served with garlic aioli [1.1,4,5,8,10]	€9.5
GFP CHICKEN WINGS Our famous wings coated in Louisiana or BBQ sauce, served with blue cheese dip & celery [1.1,5,8,10,11,12,14]	€9.5
SALT & PEPPER CALAMARI Charred lemon & served with chipotle & lime aioli [1.1,5,8,9.3]	€9
TORPEDO PRAWNS Panko crumbed tiger prawns served with chilli jam [1.1,7.2]	€9
BAKED GNOCCHI Braised beef rib ragout with spicy tomatoes & peppers topped with fresh parmesan [1.1,4,10,12,14] VE available with smoked tofu [8]	€9.5

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MAINS

Ask your server about our daily seafood special

SIZZLING CHICKEN FAJITAS	€18.5
Cajun spiced chicken served with flour tortilla wraps, guacamole, tomato salsa & rustic fries [1.1,8,10]	
THAI PRAWN RED CURRY	€17
Peppers & onion in an aromatic coconut sauce, served with steamed basmati rice [6,7,8,11] VE available with smoked tofu [8][€19]	
CREAMY TUSCAN CHICKEN	€17.5
White wine sauce, sundried tomato, baby spinach, pappardelle pasta topped with grated parmesan [1.1,4,5,12]	
SMASH BURGER	€18
Two premium Irish beef smash burger patties, American cheese, onion, gherkin, secret sauce & crispy lettuce on a brioche bun. Served with rustic fries & onion rings [1.1,4,5,10,11,12]	
SMOKEY MAPLE SMASH BURGER	€19
Two premium Irish beef smash burger patties, smokey maple bacon, Applewood cheese, secret sauce & crispy lettuce on a brioche bun. Served with rustic fries & onion rings [1.1,4,5,10,11,12]	
SWEET & SPICY CRISPY CHICKEN BURGER	€17.5
Sriracha & honey coated buttermilk chicken with gourmet slaw, served with sweet potato fries [1.1,4,5,8,11,12]	
BAKED GNOCCHI	€18.5
Braised beef rib ragout with spicy tomatoes & peppers topped with fresh parmesan [1.1,4,10,12,14] VE available with smoked tofu [8]	
STEAK OF THE EVENING	€MP
Ask your server for todays cut & sides [4,12]	
SEAFOOD DISH OF THE EVENING	€MP
Ask your server for todays fresh catch [ask server for allergens]	

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SIDES

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

DESSERTS

GOURMET MESS White chocolate meringue, berries, chantilly cream [4,5,8]	€8
OREO CHOCOLATE BROWNIE Served warm with chocolate sauce & vanilla bean ice cream [1.1,4,5,8]	€8
CHEESECAKE OF THE DAY Chantilly cream & fresh berries [1.1,4,8]	€8
STICKY PUD Steamed toffee pudding with caramel sauce & vanilla bean ice cream [1.1,4,5]	€8
COOKIE PIE Skillet baked chocolate chip cookie topped with marshmallows, chocolate sauce & vanilla bean ice cream [1.1,4,5,8]	€8

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.