

GOURMET FOOD PARLOUR

Dun Laoghaire Dinner Menu

CHEFS' SET MENU

5:00pm 7:00pm Friday - Saturday

Available all night Sunday

Two Courses €29 or Three Courses €35

STARTERS

HEIRLOOM CHERRY TOMATO BRUSCHETTA

Ciabatta crostini, whipped feta cheese & basil oil [1.1,4][V]

WILD MUSHROOM ARANCINI

Deep fried Sicilian balls of rice stuffed with mozzarella & served with sriracha mayo [1.1,4,5,8,10,14][V]

TORPEDO PRAWNS

Panko crumbed tiger prawns served with chilli jam [1.1,7.2]

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]

MAINS

SIZZLING CHICKEN FAJITAS

Served with flour tortilla wraps, guacamole, tomato salsa & rustic fries [1.1,8,10]

THAI RED CURRY

Choice of chicken or prawn, peppers & onion in an aromatic coconut sauce, served with steamed basmati rice [6,7,8,11] VE available with smoked tofu [8]

SEAFOOD LINGUINE

Prawns & mussels, tossed in a homemade spicy tomato sauce topped with parmesan shavings [1.1,4,5,6,7.2,8,9.1,12,14]

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]	€7
HEIRLOOM CHERRY TOMATO BRUSCHETTA Ciabatta crostini, whipped feta cheese & basil oil [1.1,4][V]	€10
WILD MUSHROOM ARANCINI Deep fried Sicilian balls of rice stuffed with mozzarella & served with sriracha mayo [1.1,4,5,8,10,14][V]	€11
BUTTERMILK BONELESS BITES Crispy chicken coated in Louisiana or BBQ sauce, served with garlic aioli [1.1,4,5,8,10]	€10
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]	€10.5
SALT & PEPPER CALAMARI Charred lemon & served with chipotle & lime aioli [1.1,5,8,9.3]	€11
TORPEDO PRAWNS Panko crumbed tiger prawns served with chilli jam [1.1,7.2]	€10
GAMBAS PIL PIL Sautéed in garlic & smoked paprika, served with toasted rustic bread [1.1,7.2]	€14
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]	€11

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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 RED CURRY	€23
Chicken or prawn, peppers & onion in an aromatic coconut sauce, served with steamed basmati rice [6,7,8,11] VE available with smoked tofu [8][€19]	
SEAFOOD LINGUINE	€22
Prawns & mussels, tossed in a homemade spicy tomato sauce topped with parmesan shavings [1,1,4,5,6,7,2,8,9,1,12,14]	
SMASH BURGER	€20
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	€21
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]	
ROASTED IRISH CHICKEN SUPREME	€23
Creamy smoked bacon & leek sauce, buttery mash & seasonal greens [4,12]	
SLOW ROASTED SLANEY VALLEY LAMB	€24
Rosemary & red wine jus, buttery mash & seasonal greens [4,10,12,14]	
BAKED GNOCCHI	€23
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]	

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SIDES

Sautéed Wild Mushrooms [4]	€5	Buttered Fine Beans [4]	€4.5
Garden Salad [12]	€4.5	Parmesan Fries [1.1,4]	€5
Patatas Bravas [1.1,5]	€7	Rustic Fries [1.1]	€4.5
Mashed Potatoes [4]	€4.5	Onion Rings [1.1,4]	€4.5

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.