

GOURMET
FOOD PARLOUR
PIZZA & GRILL

BITES & CRUNCH

GARLIC FLATBREAD WITH HUMMUS

€11

Beetroot hummus, maple-roasted beetroot, charred red peppers, spiced crispy chickpeas, citrus olive oil and toasted seeds [1.1, 8, 11, 12] [VE]

CHICKEN WINGS

€12.90

Hot honey, Louisiana sauce, BBQ sauce, Korean BBQ glaze. Served with celery sticks, blue cheese aioli [1.1, 4, 5, 8, 10, 11, 12, 14]

BONELESS CRISPY CHICKEN BITES

€12.90

Hot honey, Louisiana sauce, BBQ sauce, Korean BBQ glaze. Served with garlic aioli [1.1, 4, 5, 8, 11, 12]

SALT & PEPPER SQUID

€13

Crispy squid, spring onion, chilli, lime chipotle aioli [1.1, 8, 9.3, 10]

FROM THE GRILL

GFP SMASH BURGER

€18

Two premium Irish beef patties, American cheese, caramelised onion, pickles, secret GFP sauce, onion rings, toasted sesame brioche bun [1.1, 4, 5, 8, 10, 12]

KOREAN SMASH BURGER

€18

Two premium Irish beef patties, Korean BBQ glaze, chipotle aioli, ruby slaw, Asian style pickled cucumber, toasted sesame brioche bun [1.1, 4, 5, 8, 10, 12]

SLOW BRAISED BRISKET BUN

€18

Slow-braised beef brisket, American cheese, caramelised onion, toasted sesame brioche bun, beef jus dip [1.1, 4, 5, 8, 10, 12]

CHILLI BACON JAM SMASH BURGER

€19

Two premium Irish beef patties, bacon chilli jam, American cheese, black garlic mayo, toasted sesame brioche bun [1.1, 4, 5, 8, 10, 12]

100Z STRIPLOIN STEAK

€26

Served with grilled portobello mushroom, grilled asparagus, Brandy peppercorn sauce or Irish garlic butter [1.1, 4, 8, 10, 12, 14]

8oz FLAT IRON STEAK

€23

Served with chimichurri, grilled asparagus, sea salt flakes [1.1, 4, 8, 12]

GOLDEN FRIED CHICKEN

KOREAN STYLE CHICKEN BURGER

€16

Korean-style BBQ-glazed crispy chicken, shredded lettuce, Asian style pickled cucumber, toasted sesame brioche bun [1.1, 4, 5, 8, 10, 11, 12]

LOUISIANA CHICKEN

€16

Shredded chicken, Louisiana sauce, shredded lettuce, crispy onion rings, garlic aioli, toasted sesame brioche bun [1.1, 4, 5, 8, 10, 12]

HOT HONEY CHICKEN BURGER

€17

Hot honey crispy chicken, bacon chilli jam, shredded lettuce, chipotle mayo, toasted sesame brioche bun [1.1, 4, 5, 8, 10, 11, 12]

BACON & CHEESE CHICKEN BURGER

€17

Crispy chicken, smoked bacon, American cheese, lettuce, chipotle mayo, sesame brioche bun [1.1, 4, 5, 8, 10, 11, 12]

FROM THE PIZZA OVEN

CLASSIC MARGHERITA

€16

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

THE HILL OF TARA

€16.90

San Marzano tomato sauce, Fior di Latte mozzarella, buffalo mozzarella, garlic & fennel salami [1.1, 4]

ROMA CRISPY CAESAR

€17.85

White sauce, Fior di Latte mozzarella, roasted chicken, smoked crispy streaky bacon, fresh grated parmesan, crispy lettuce drizzled with Caesar dressing [1.1, 4]

€17.90

BBQ BLAST

San Marzano tomato sauce, BBQ braised beef, Fior di Latte mozzarella, buffalo mozzarella, red onion, roasted red pepper [1.1, 4]

€17.90

PEPPERONI PICANTE

San Marzano tomato sauce, Fior di Latte mozzarella, spicy pepperoni, drizzled with hot honey [1.1, 4]

PISTACHIO E STRACIATELLA

€18

San Marzano tomato sauce, Fior di Latte mozzarella, pistachio mortadella, crushed pistachios, rocket, stracciatella [1.1, 2.7, 4]

**All pizzas are served with our famous buttermilk garlic sauce*

FLATBREADS

CRISPY CHICKEN FLATBREAD

€12.50

Crispy chicken, Korean glaze, ruby slaw, pickled cucumber [1.1, 4, 5, 10, 11]

HOT HONEY CHICKEN FLATBREAD

€12.50

Crispy chicken, sweet & spicy hot honey glaze, ruby slaw, pickled red onion [1.1, 4, 5, 8, 10, 11]

CHICKEN SHAWARMA FLATBREAD

€13.50

Spiced chicken, shredded red onion, crispy lettuce, tomato, garlic buttermilk sauce [1.1, 4, 5, 10, 11]

BOWLS & GREENS

HALLOUMI & HUMMUS SALAD

€19

Roasted beetroot hummus, grilled halloumi, baby leaves, pickled red onion, quinoa, roasted beetroot, cherry tomato, basil citrus dressing [GF] Vegan option: Change for grilled tofu [4, 8, 11, 12] [GF]

SIGNATURE CAESAR SALAD

€19.50

Grilled chicken breast, crispy bacon, baby gem, crunchy garlic & herb sourdough croutons, parmesan, Caesar dressing [1.1, 4, 5, 6, 8, 10, 14, 15]

KOREAN CHICKEN RICE BOWL

€21

Crispy chicken, Korean BBQ glaze, basmati rice, avocado, kale, pickled cucumber, ruby slaw, sesame seeds, sriracha mayo [1.1, 4, 5, 8, 10, 11, 12]

Vegan option: BBQ Korean glazed grilled tofu [8]

HOT HONEY CHICKEN BOWL

€21

Sweet & spicy crispy chicken, fragrant rice, pickled onion, shredded lettuce, fresh avocado, ruby slaw, jerk mayo [1.1, 4, 5, 8, 10, 11]

Vegetarian option: Hot honey-coated grilled tofu [8]

ADD-ONS: Avocado €2.6 | Chicken €3.5 | Prawns €5 [7.2]

FULLY LOADED

LOADED CRISPY POTATOES

Crispy tater tots, topped with tomato, melted mozzarella cheese [V]
[1.1, 4]

€9

BRISKET LOADED POTATOES

Shredded Irish beef, crispy tater tots, melted cheese, beef jus, buttermilk garlic sauce [1.1, 4, 5, 8, 10, 12, 14]

€11.50

LOADED PEPPERONI WAFFLE FRIES

Waffle fries topped with San Marzano sauce, melted mozzarella, crispy pepperoni, parmesan [1.1, 4]

€11.50

BACON & TRUFFLE MAYO LOADED FRIES

Connoisseur rustic fries, smoked bacon lardons, black garlic & truffle mayo, parmesan, parsley [1.1, 4, 5, 8, 12]

€11.50

ON THE SIDE

Garlic Aioli [5]

€2

Black Garlic & Chive Aioli [5, 12]

€2

Chipotle Aioli [5]

€2

Buttermilk Garlic Sauce [4, 5]

€2

Peppercorn Sauce [4, 8, 10, 12, 14]

€3

Homemade Gravy [8, 10, 12, 14]

€3

Truffle Mayonnaise [5, 12]

€3

Buttermilk Onion Rings [1.1, 4]

€5

Connoisseur Rustic Fries [1.1, 8]

€5.5

Sweet Potato Fries [1.1, 8]

€5.5

Waffle Fries [1.1, 8]

€5.5

Crispy Tater Tots [1.1, 8]

€5.5

Brown Butter Crispy Gratin Fries [1.1, 4, 8]

€6.5

THE CHERRY ON TOP

VALRHONA CHOCOLATE FONDANT

Warm dark chocolate fondant, served with Madagascan vanilla ice cream, salted caramel sauce, cocoa nib crumble and fresh strawberries [1.1, 4, 5, 8]

€9

PISTACHIO BAKEWELL

Delicate pistachio frangipane tart with pistachio crème, raspberry gel, and toasted pistachio crumb [1.1, 2.7, 3, 4, 5, 8]

€9

LEMON MERINGUE

Lemon tart with torched Italian meringue, raspberry gel, crushed meringue, and fresh mint [1.1, 5]

€9

CHEF'S SPECIAL CHEESECAKE

Velvet Cheesecake, black cherry compote, chocolate shavings, homemade chocolate sauce, hazelnut crumb [1.1, 2, 4, 5, 8]

€9

RASPBERRY PAVLOVA

Crisp raspberry meringue shell with soft centre, Chantilly cream, fresh strawberries, cherry compote, white chocolate shards and mint[GF] [4, 5]

€9

MODERN CLASSIC COCKTAILS

STRAWBERRY & LIME TOM COLINS

Drumshanbo Gunpowder Irish Gin, strawberries, fresh lime juice, soda water

€11

ESPRESSO MARTINI

Istil 38 Vanilla Vodka, Copeland Coffee Liqueur, double espresso, vanilla syrup, chocolate bitters

€11

WHISKEY SOUR

Jameson Irish Whiskey, Angostura bitters, lemon juice, vanilla syrup, egg whites [5]

€12

PORNSTAR MARTINI

Istil 38 Vanilla Vodka, Giffard Passionfruit Liqueur, passionfruit puree, lemon juice, apple juice, egg whites [5]

€12

SPECIALITY SPRITZ & COCKTAILS

HUGO SPRITZ

Elderflower liqueur, fresh lime & mint, prosecco, soda water [12]

€11

CAMPARI SPRITZ

Campari, prosecco frizzante, soda water, orange slice [12]

€11

CUCUMBER MARTINI

Drumshanbo Gunpowder Gin, Fire & 5th Chilli and Blood Orange, cucumber, lime juice

€11

PINK BERRY FIZZ

Istil 38 Pink Berries Vodka, sugar syrup, fresh lemon juice, soda water

€11

POT STILL LEMONADE

Jameson, orange liquor, fresh lemon juice, lemon and lime soda

€11.5

RHUBARB APEROL SPRITZ

Drumshanbo Gunpowder Irish Gin, Aperol, rhubarb syrup, soda water [12]

€12

MADGARITA

Jose Cuervo Tequila, Fire & 5ft Chili and Blood Orange, mango, lime juice, fresh chillies

€12

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!



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 they contain.

At Gourmet Food Parlour, quality ingredients are at the heart of everything we do. For 20 years, we have proudly partnered with trusted Irish farmers, growers, and artisan producers to source the freshest seasonal ingredients possible. Supporting local businesses remains a core part of who we are, helping us deliver high-quality dishes with provenance, flavour, and consistency across every menu.

We are proud to work with valued suppliers, including Quigley's Butchers, Clonakilty Black pudding, Ballymaloe Relish, Kish Fish, Keelings, Doyles Veg, Bretzel Bakery and La Rousse Foods, helping us bring the best of Irish produce to every dish we serve.