

GOURMET FOOD PARLOUR

RESTAURANTS · CATERING

CHEFS' SET MENU

Available all night Wednesday & Thursday

5:00pm - 7:00pm Friday - Sunday

Two Courses €29 or Three Courses €34

STARTERS

BEETROOT & FETA SALAD

Roasted beetroot, heirloom cherry tomato, poached pear, crushed walnuts & honey-whipped feta [2.3, 4, 11] [V][GF]

LOUISIANA CHICKEN WINGS

Crispy chicken wings coated in Louisiana sauce or BBQ, served with blue cheese dip & celery [1.1, 4, 5, 11, 14]

SALT & PEPPER CALAMARI

Served with charred lemon, chipotle & lime aioli [1.1, 5, 8, 9.3]

BEEF & CHORIZO MEATBALLS

Rich marinara sauce served with rustic bread & pesto [1.1, 4, 5, 10, 12, 14]

MAINS

SLOW ROASTED SLANEY VALLEY LAMB

Rosemary & red wine jus, buttery mash & seasonal vegetables, beetroot purée
[4, 8, 10, 12, 14]

ROASTED IRISH CHICKEN SUPREME

Buttery mash, sautéed baby spinach, oven roasted heirloom cherry tomato, Cajun white wine cream sauce [4, 12] [GF]

PRAWN & MUSSEL LINGUINE

Marlborough Sauvignon Blanc sauce with garlic, chilli & parsley
[1.1, 7.2, 9, 12]

STEAK OF THE EVENING (+€MP)

Ask your server for today's cut & sides [15]

Ask your server for allergens

DESSERTS

SEE SERVER FOR TODAY'S OPTIONS

Ask your server
for tonight's special dishes and drink

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À LA CARTE

STARTERS

| | |
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| BEETROOT & FETA SALAD | €10 |
| Roasted beetroot, heirloom cherry tomato, poached pear, crushed walnuts & honey-whipped feta [2.3, 4, 11][V][GF] | |
| LOUISIANA CHICKEN WINGS | €10.5 |
| Crispy chicken wings coated in Louisiana or BBQ sauce, served with blue cheese dip & celery [1.1, 4, 5, 11, 14] | |
| BEEF & CHORIZO MEATBALLS | €11.5 |
| Rich marinara sauce served with rustic bread & pesto [1.1, 4, 5, 10, 12, 14] | |
| TORPEDO PRAWNS | €12 |
| Panko-crumbed tiger prawns served with chilli jam, charred lemon [1.1, 7.2] | |
| LAMB & POTATO CROQUETTES | €12.5 |
| Tzatziki yogurt sauce [1.1, 4, 5, 10, 14] | |
| SALT & PEPPER CALAMARI | €12 |
| Served with charred lemon, chipotle & lime aioli [1.1, 5, 8, 9.3] | |
| HEIRLOOM CHERRY TOMATO BRUSCHETTA | €10 |
| Garlic ciabatta crostini, buffalo mozzarella & drizzle basil oil [1.1, 4][V] | |

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MAINS

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| SLOW ROASTED SLANEY VALLEY LAMB Rosemary & red wine jus, buttery mash & seasonal vegetables, beetroot purée [4, 8, 10, 12, 14] | €24 |
| SIZZLING CHICKEN FAJITAS Cajun spiced chicken served with flour tortilla wraps, guacamole, tomato salsa & rustic fries [1.1, 8, 10] | €18.5 |
| HEREFORD IRISH BEEF BURGER Crispy bacon, Dubliner cheddar, caramelised onion, tomato relish, gherkin, crispy lettuce, garlic aioli, brioche bun & rustic fries [1.1, 4, 5, 10, 12] | €20 |
| MONKFISH & PRAWN RED CURRY Peppers & sweet potato in an aromatic coconut sauce, served with steamed basmati rice [6, 7, 8, 11] Vegan option available: Smoked tofu [8] [VE][V] | €23 |
| ROASTED IRISH CHICKEN SUPREME Buttery mash, sautéed baby spinach, oven roasted heirloom cherry tomato, Cajun white wine cream sauce [4, 12] [GF] | €23 |
| PRAWN & MUSSEL LINGUINE Marlborough sauvignon Blanc sauce with garlic, chilli & parsley [1.1, 7.2, 9, 12] | €22 |
| STEAK OF THE EVENING Ask your server for today's cut & sides [15] [ask your server for allergens] | €MP |
| MARKET FISH See server for today's option [ask your server for allergens] | €MP |

SIDES

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| Sautéed Seasonal Greens €4.5 Garlic butter [4] | Parmesan & Truffle Fries €5 [1.1, 4] |
| Garden Salad €5 Rocket, parmesan, sun blushed tomatoes, Balsamic dressing [12] | Patatas Bravas €7.5 Spicy tomato sauce & garlic aioli [1.1,4,5] |

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DESSERTS

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| HOMEMADE CHEESECAKE OF THE DAY Ask server for today's selection [1.1, 4, 12] | €8.5 |
| WARM OREO CHOCOLATE BROWNIE Brownie topped with bean vanilla ice cream, chocolate sauce [1.1, 2, 4, 5] | €8.5 |
| APPLE CINNAMON CRUMBLE Chantilly cream & passionfruit flake [1.1, 4, 5] | €8.5 |
| GELATO MARTINUCCI PISTACHIO TRUFFLE Truffle with pistachio cream centre served with white chocolate sauce [1.1, 2.1, 2.7, 4, 5] | €8.5 |
| WHIPPED MASCARPONE TIRAMISU Traditional Italian dessert served with Chantilly cream [4, 5] <i>*May contain nuts</i> | €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