

# GOURMET FOOD PARLOUR

RESTAURANTS · CATERING

## À LA CARTE

### STARTERS

<b>GOATS CHEESE BON-BON SALAD</b>	<b>€10.5</b>
Roast beetroot, orange segments, beetroot puree, mixed baby leaves, citrus dressing [1.1, 4, 5, 12] [V]	
<b>GFP CHICKEN WINGS</b>	<b>€10.5</b>
Our famous wings coated in Louisiana or BBQ sauce, served with blue cheese dip & celery [1.1, 5, 8, 10, 11, 12, 14]	
<b>BEEF &amp; CHORIZO MEATBALLS</b>	<b>€11.5</b>
Rich marinara sauce served with rustic bread & pesto [1.1, 4, 5, 10, 12, 14]	
<b>TORPEDO PRAWNS</b>	<b>€12</b>
Panko-crumbed tiger prawns served with chilli jam, charred lemon [1.1, 7.2]	
<b>SALT &amp; PEPPER CALAMARI</b>	<b>€12</b>
Charred lemon, chipotle & lime aioli [1.1, 5, 8, 9.3]	
<b>ROASTED RED PEPPER HUMMUS</b>	<b>€10</b>
Smoked paprika, artichoke heart, roasted chickpea, served with garlic & coriander flatbread [1.1, 11] [VE] [GF] option available	

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### MAINS

<b>PREMIUM SLOW BRAISED BEEF</b> Slow braised feather blade, creamy mash potatoes, celeriac puree, baby carrots, red wine jus [4, 10, 12, 14]	<b>€25.5</b>
<b>CRISPY DUCK PAPPARDELLE</b> Pappardelle pasta, Shimeji mushrooms, sundried tomatoes in creamy parmesan sauce topped with crispy duck [1.1, 4, 5, 12]	<b>€22</b>
<b>HEREFORD IRISH BEEF BURGER</b> Crispy bacon, Dubliner cheddar, caramelised onion, tomato relish, gherkin, crispy lettuce, garlic aioli, brioche bun & rustic fries [1.1, 4, 5, 10, 12]	<b>€20</b>
<b>MONKFISH &amp; PRAWN RED CURRY</b> Peppers & sweet potato in an aromatic coconut sauce, served with steamed basmati rice [6, 7.2, 8, 11] Vegan option available: Smoked tofu [8]: €20	<b>€23</b>
<b>CHICKEN SUPREME</b> Lemon & garlic roasted chicken supreme, smoked pancetta creamy mash potatoes, grilled green vegetables, thyme jus [4, 10, 11, 12, 14]	<b>€23</b>
<b>STEAK OF THE EVENING</b> Ask your server for today's cut & sides [15] [ask your server for allergens]	<b>€MP</b>
<b>MARKET FISH</b> See server for today's option [ask your server for allergens]	<b>€MP</b>

### SIDES

<b>Sautéed Seasonal Greens</b> €5 Garlic butter [4]	<b>Parmesan &amp; Truffle Fries</b> €6.5 [1.1, 4]
<b>Garden Salad</b> €5 Rocket, parmesan, sun blushed tomatoes, Balsamic dressing [4, 12]	<b>Patatas Bravas</b> €7.5 Spicy tomato sauce & garlic aioli [1.1,4,5]

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### DESSERTS

<b>HOMEMADE CHEESECAKE OF THE DAY</b> Ask server for today's selection [1.1, 4, 12, 15]	<b>€8.5</b>
<b>WARM OREO CHOCOLATE BROWNIE</b> Brownie topped with bean vanilla ice cream, chocolate sauce [1.1, 2, 4, 5, 8]	<b>€8.5</b>
<b>APPLE CINNAMON CRUMBLE</b> Chantilly cream & passionfruit flake [1.1, 4, 5]	<b>€8.5</b>
<b>GELATO MARTINUCCI PISTACHIO TRUFFLE</b> Truffle with pistachio cream centre served with white chocolate sauce [1.1, 2.1, 2.7, 4, 5]	<b>€8.5</b>
<b>WHIPPED MASCARPONE TIRAMISU</b> Traditional Italian dessert served with Chantilly cream [4, 5] <i>*May contain nuts</i>	<b>€8.5</b>

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#### 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.

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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](http://www.gourmetfoodparlour.com)