

WELCOME TO



# GOURMET FOOD PARLOUR

RESTAURANTS • CATERING

---

#### 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.

## Starters

### **CHICKEN WINGS €11.5**

Louisiana chicken wings, celery sticks, blue cheese aioli  
[1.1, 4, 5, 8, 10, 11, 12, 14]

### **ROASTED BEETROOT HUMMUS €11**

Beetroot hummus, maple-roasted beetroot, charred red peppers, spiced crispy chickpeas, citrus olive oil and toasted seeds. Served with crusty sourdough bread  
[1.1, 8, 11, 12] [VE] [GF option available]

### **ROASTED TOMATO & STRACIATELLA BRUSHETTA €10**

Stracciatella, slow-roasted tomatoes on sourdough toast, olive oil and fresh herbs  
[1.1, 2.7, 4][V] [GF option available]

### **BURATTA, PEACH & AVOCADO €12**

Burrata, caramelised peach, fresh avocado and herb oil, crusty sourdough bread  
[1.1, 4][V] [GF option available]

### **SALT & PEPPER SQUID €12**

Crispy squid served with chipotle aioli and lemon wedge  
[1.1, 8, 9.3, 12]

### **PRAWN PIL PIL €14**

Sautéed in garlic, chilli & smoked paprika, served with crusty sourdough bread  
[1.1, 4, 5, 8, 10] [GF option available]

### **HOT HONEY CRISPY CHICKEN €11.5**

Served with garlic aioli  
[1.1, 4, 5, 8, 11]

### **BRAISED BEEF CROQUETTES €12**

Slow-braised beef, caramelised onion and mash potato croquettes, peppercorn mayo  
[1.1, 4, 5, 12]

# DINNER MENU —

## Main Course

### **SLOW-BRAISED IRISH BEEF €27**

Feather blade braised in red wine, served with creamy mash, tender broccoli, glazed rainbow carrots, rich port jus  
[4, 8, 10, 11, 12, 14] [GF]

### **SIZZLING FAJITA PLATE €20**

Sizzling chicken, peppers, red onion, tortillas, sour cream, pico de gallo salsa.  
[1.1, 4, 8] Add fries

### **CHICKEN KATSU CURRY €22**

Crispy chicken filet, Japanese-style curry sauce, grilled pok choi, fragrant rice,  
[1.1, 4, 5, 8, 10, 12, 11,14] [GF option available]

### **GFP SMASH BURGER €21**

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

### **10OZ RIB EYE STEAK €39**

10oz Ribeye Steak, creamy mash, grilled portobello mushroom, and onion rings.  
Jamson peppercorn sauce, garlic, and Irish butter  
[1.1, 4, 10, 12]

### **TUSCAN DUCK RIGATONI €23**

Rigatoni in a velvety Tuscan tomato and paprika cream sauce, baby spinach and blistered cherry tomatoes, topped with golden crispy duck and freshly grated Parmesan  
[1.1, 4, 5, 8, 12, 14] Add sourdough garlic bread [V][1.1] **€2.5**

### **SPAGHETTI AGLIO, OLIO E PEPPERONCINO €19**

Spaghetti pasta tossed in garlic & chilli olive oil, fresh parsley [1.1,12][V]  
Add Prawns **€5** [7.2] | Add sourdough garlic bread **€2.5** [V] [1.1]  
[ask server for parmesan cheese] [4]

### **CATCH OF THE WEEK**

Please ask your server for more information

## Sides

CONNOISSEUR RUSTIC FRIES [1.1] **€4.5**

SWEET POTATO FRIES [1.1] **€5.25**

WAFFLE FRIES [1.1] **€5.5**

CRISPY TATER TOT POTATOES [1.1] **€5.5**

CREAMY MASH [4] **€4.5**

BUTTERED SEASONAL VEGETABLES [4] **€4.5**

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.