

GOURMET FOOD PARLOUR

RESTAURANTS • CATERING

LIGHT BITES

SOUP OF THE DAY €9

Served with fresh bread [1.1, 4, 11]

BONELESS CHICKEN BITES €10.5

Plain, Louisiana, or BBQ bourbon sauce, garlic aioli or blue cheese dip [1.1, 4, 5, 8, 11, 14]

GFP CHICKEN WINGS €10.5

Louisiana sauce or BBQ bourbon sauce, garlic aioli or blue cheese dip [1.1, 4, 5, 8, 10, 11, 12, 14]

MAINS

CAJUN CHICKEN QUESADILLAS €19.5

Monterey Jack cheese, Tex-Mex salsa, guacamole & sour cream dips, rustic fries* [1.1, 4, 5, 8, 12]

GFP CHICKEN FILLET ROLL €18.5

Crispy chicken fillet coated in chilli hot honey, Monterey Jack cheese, streaky bacon, crispy lettuce, red cabbage slaw, smoked onion mayonnaise on Bretzel soft white roll served with rustic fries* [1.1, 4, 5, 8, 10, 11]

GFP SMASH BURGER €19.95

Two premium Irish beef patties, American cheese, caramelised onion, pickles, secret GFP sauce, brioche bun, rustic fries* [1.1, 4, 5, 8, 10]
Add an extra patty with cheese +€3.5

ULTIMATE CHICKEN BURGER €19.95

Panko crispy chicken burger coated in chilli hot honey, crispy lettuce, red cabbage slaw, jerk mayonnaise, on toasted brioche bun, served with rustic fries* [1.1, 4, 5, 8, 10, 11] Add grilled halloumi +€3

PRAWN & NDUJA PACCHIERI PASTA €21

caramelised shallots, prosecco white wine, cream sauce topped with freshly grated parmesan & herb crumb [1.1, 4, 7.2, 8, 12] | Add garlic bread +€2.50

ROMESCO PACCHIERI PASTA €18

Rich roasted red pepper, tomato ragout, heirloom cherry tomato, basil oil VE][1.1, 8, 12] | Add Chicken +€3 / Add Prawns [7.2] +€4

*Dishes marked: Upgrade to Sweet Potato Fries or Waffle Fries +€1

SALAD

HOT HONEY CHICKEN BOWL €17.5

Sweet & spicy crispy chicken, fragrant rice, pickled onion, shredded lettuce, fresh avocado, red slaw, drizzle jerk mayonnaise [1.1, 4, 5, 8, 10, 11]
Vegan option: Grilled tofu [8]

SCHNITZEL CAESAR SALAD €17.5

Chicken schnitzel in panko breadcrumb, topped with cos lettuce, crispy bacon, fresh grated parmesan, homemade basil Caesar dressing [1.1, 4, 5, 6, 8, 14, 15]

PROTEIN SALMON BOWL €19

Ballycotton Oak Smoked Salmon, fragrant rice, slow-roast peppers, fresh avocado, pickled red onion, edamame beans, black sesame seeds, spicy jerk mayo drizzle [1.1, 4, 5, 6, 8, 10, 11]

HALLOUMI & HUMMUS SALAD €16.5

Tomato & harissa hummus, grilled halloumi, baby leaves, pickled red onion, quinoa, roasted beetroot, cherry tomato, basil citrus dressing. [4, 8, 11, 12]
Vegan option: Change for Grilled tofu +€2.5 [VE] [8]

ADD-ONS

Halloumi [4] €2.6 | Avocado €2.6 | Chicken €3 | Prawns [7.2] +€4

SANDWICHES

TRIPLE DECKER CLUB SANDWICH €15.5

Roast chicken, crispy bacon, tomato, Dubliner cheddar, free range egg, mixed leaves, pesto mayonnaise, toasted Bretzel White bread [1.1, 1.2, 4, 5]

FAMOUS ROAST CHICKEN €13.5

Roast chicken, stuffing, garlic aioli, spring onion, Bretzel granary bread [1.1, 4, 5, 8, 11]

LOUISIANA CHICKEN WRAP €14

Louisiana chicken goujons, cos lettuce, red onion, blue cheese aioli, toasted wrap [1.1, 4, 5, 8]

SUPERFOOD WRAP €13

Halloumi, avocado, roast beets, spinach, grated carrot, pumpkin seeds, honey mustard dressing, toasted beetroot wrap [V] [1.1, 4, 10]

PASTRAMI ROLL €13.5

Shaved pastrami, Emmental cheese, gherkin, red onion, baby lettuce, honey mustard aioli on soft white roll [1.1, 4, 8, 11]

OPEN SMOKED SALMON EVERYTHING BAGEL €14

Ballycotton Oak Smoked Salmon, chives cream cheese, pickled red onion, rocket in Bretzel everything bagel. [1.1, 4, 6, 8, 11]

SANDWICH OF THE WEEK

Ask server for more information

SANDWICH ADD-ONS

Cup of Soup of the Day €3.5 | Cheddar Cheese [4] €2 | Irish Bacon €3 | Roast Chicken €3

**Gluten free bread available*

PIZZA

CLASSIC MARGHERITA €14.5

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

THE HILL OF TARA €16

San Marzano tomato sauce, buffalo mozzarella, The Wooded Pig garlic Salami. [1.1, 4]

THE ITALIANO €17

San Marzano tomato sauce, buffalo mozzarella, The Wooded Pig garlic salami, red onion, sun-dried tomatoes, basil pesto [1.1, 4, 10]

BBQ FEAST €16

BBQ base, Cajun chicken, red onion, roasted red pepper, buffalo Mozzarella [1.1, 4]

PEPERONI PICANTE €15.5

San Marzano tomato sauce, buffalo mozzarella, The Wooded Pig pepperoni, Nduja, drizzle with hot honey [1.1, 4]

CAPRICIOSSA €15

San Marzano tomato sauce, buffalo mozzarella, honey-baked Irish ham, portobello mushroom, black kalamata olives, artichoke hearts [1.1,4]

*all pizzas are served with our famous garlic dip

SIDES

For all fries, choose a dip from BBQ, garlic aioli, blue cheese, chipotle aioli [1.1, 5]

RUSTIC FRIES €4.5 [1.1]

SWEET POTATO FRIES €5.25 [1.1]

WAFFLE FRIES €5.5 [1.1]

PATATAS BRAVAS €7.5 Salsa, aioli [1.1, 5]

BATTERED ONION RINGS €4 [1.1]

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RESTAURANTS · CATERING

SWORDS LUNCH MENU

All of our breakfasts are freshly cooked using local Irish suppliers

Proudly serving the community since 2008

JUICES & SMOOTHIES

KEELINGS FRESH JUICES €4.5
Fresh apple or orange juice

HOMEMADE SMOOTHIES €6
BERRY
Mixed berries, banana, milk [4]

TROPICAL
Papaya, pineapple, mango, kiwi, coconut milk

HOMEMADE LEMONADES

SUMMER BERRY €7
Freshly squeezed lemon juice, strawberry puree, raspberry syrup, sparkling water

KIWI & MINT €7
Freshly squeezed lemon juice, Kiwi syrup, mint leaves, sparkling water

PASSIONFRUIT €7
Freshly squeezed lemon juice, Passionfruit syrup, mint leaves, sparkling water

TEA & COFFEE

Featuring our full bodied Parlour House Blend

COLD

ICED AMERICANO €4.75
ICED LATTE [4] €5
ICED MOCHA [4] €5.5
ICED TEA €7
Green Tea & Peach, Mango & Pineapple

ADD A SYRUP 50c
Vanilla / Hazelnut [2.2] / Caramel

HOT

ESPRESSO €3.25
AMERICANO €3.8
CAPPUCCINO [4] €4.4
LATTE [4] €4.4
FLAT WHITE [4] €4.2
CHAI LATTE [4] €4.4
MOCHA [4] €4.5
HOT CHOCOLATE [4] €4.4
IRISH BREAKFAST TEA €3.75
TEA SELECTION €3.75
Camomile / Peppermint / Earl Grey / Green Tea / Decaf

ADD ALTERNATIVE MILK 30c
Soy [8] / Almond [2.1] / Oat [1.4] / Coconut [8]

REFRESHMENTS

ALL ABOUT KOMBUCHA €4.75
Ginger & Lemon Organic
/ Raspberry

MINERALS €3.85
Coke / Coke Zero / 7up / 7up Free
/ Club Orange

SAN PELLEGRINO €4
Lemon / Blood Orange

WILD ORCHARD LEMONADES
€4.5
Cloudy / Pink

FIOR UISCE WATER €3/€5.5
Still or Sparkling Small/Large

APERITIFS

APEROL MIMOSA €11
GFP SPRITZ €11
HUGO €10.5

WINE

RED
DOPPIO PASSO PRIMITIVO, SALENTO PUGLIA
ITALY €8 | €34
MAISON DE LA VILLETTE CABERNET SAUVIGNON
FRANCE €8.5 | €34.5

WHITE
DE PAULO PINOT GRIGIOT, TRIESTE
ITALY €8.5 | €33
OPAWA SAUVIGNON BLANC, MARLBOROUGH
NEW ZEALAND €9.5 | €38.5

FULL DRINKS MENU AVAILABLE

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 the contain.

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!