

WELCOME TO



# GOURMET FOOD PARLOUR

RESTAURANTS • CATERING

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## 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.

# DINNER MENU —

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## Sharing small plates

### CHICKEN WINGS €11.5

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

### HERB-CRUSTED TIPPERARY BRIE €12

Panko and herb-coated Tipperary Brie, apricot and fig preserve, toasted sourdough  
and spiced walnut crumble  
[1.1, 2.3, 4, 5, 12]

### SMOKED SALMON TIAN €13

Smoked salmon layered with cream cheese, dill, pickled beetroot and cucumber  
served on a toasted crostini, horseradish crème fraîche  
[1.1, 4, 6, 10, 12]

### ROASTED RED PEPPER HUMMUS €11

Smoked paprika, artichoke hearts, olives, roasted chickpeas served with  
garlic-crusting sourdough bread  
[1.1, 11,] [VE] [GF] option available

### WINTER CITRUS DUCK SALAD €12

Warm confit duck with pink grapefruit, mixed leaves, candied pecans, membrillo  
dressing, and celeriac crisp  
[2.5, 8, 12]

### CHICKEN LIVER PÂTÉ €12

Rich chicken liver pâté with cranberry and port chutney, pickled red onion, toasted  
brioche and spiced pear  
[1.1, 4, 5, 8, 10, 12, 14]

### HOMEMADE FRIED CRISPY CALAMARI €13

Served with Nduja aioli  
[1.1, 4, 5, 9.3,]

### PRAWNS PILL PILL €14

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

### HOT HONEY CRISPY CHICKEN €11.5

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

### STUFFED PORTOBELLO MUSHROOM €11

Sautéed baby spinach with wild garlic, drizzles with basil oil.  
[2.4, 8] [VE]

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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

# DINNER MENU —

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## Main Course

### **GFP ROAST €25**

Roast turkey, homemade baked ham, brussels sprouts, creamy mash potato, onion & sage stuffing, cranberry sauce, chef's gravy  
[1.1, 4, 10, 12, 14]

### **CRISPY DUCK PAPPARDELLE PASTA €23**

Pappardelle pasta with slow-braised duck in a vodka tomato sauce, wild mushrooms, caramelised onion, fresh herbs, Parmesan shavings and crisp duck crackling [1.1, 4, 5, 8, 12, 14]

### **SLOW-BRAISED IRISH BEEF €28**

Feather blade braised in red wine, served with creamy mash, black sesame French beans, glazed heritage carrots, rich port jus [4, 8, 10, 11, 12, 14]

### **CATCH OF THE WEEK**

Fish special of the day

### **CHICKEN SUPREME €24**

Lemon and garlic roasted chicken supreme with creamy mash, charred tender stem broccoli, smoked bacon and leek cream sauce [4, 8, 12, 14]

### **PORCINI & WILD MUSHROOM BOURGUIGNON €22**

Served with roasted, crushed chestnuts and potato gnocchi  
[1.1, 8, 12] [VE]

### **STEAK OF THE EVENING**

Ask your server for today's cut & sides [4, 12]

### **GFP SMASH BURGER €22**

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

### **GRILLED HALLOUMI BURGER €21**

Roasted Red peppers, Pico de Gallo, crispy lettuce, brioche bun, cranberry mayonnaise, served with sweet potato fries  
[1.1, 4, 5, 8] [V]

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# DINNER MENU —

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## PIZZA

### CLASSIC MARGHERITA €14.5

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

### 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]

### BBQ BLAST €16.5

BBQ base, Cajun chicken, red onion, roasted peppers, buffalo Mozzarella  
[1.1, 4, 10]

### PEPERONI PICANTE €16

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

### CAPRICIOSA €15.5

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

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## PIZZA FRIDAYS

Pint of Peroni or a Glass of Wine  
& Any Pizza

**ONLY €20**

**EVERY FRIDAY**

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