

BITES & CRUNCH

CHICKEN WINGS €12

Hot honey, Louisiana sauce, BBQ sauce, Korean BBQ glaze.
Served with celery sticks, blue cheese aioli [1.1, 4, 5, 8, 10, 11, 12, 14]

BONELESS CRISPY CHICKEN BITES €12

Hot honey, Louisiana sauce, BBQ sauce, Korean BBQ glaze.
Served with garlic aioli [1.1, 4, 5, 8, 11, 12]

SALT & PEPPER SQUID €12

Crispy squid, spring onion, chilli, lime chipotle aioli
[1.1, 8, 9.3, 10]

GARLIC FLAT BREAD WITH HUMMUS €10

Beetroot hummus, maple-roasted beetroot, charred red peppers,
spiced crispy chickpeas, citrus olive oil and toasted seeds [1.1, 8, 11, 12]
[VE]

FROM THE GRILL

10OZ STRIPLOIN STEAK €24

Served with grilled portobello mushroom, grilled asparagus, Brandy
peppercorn sauce or Irish garlic butter [1.1, 4, 8, 10, 12, 14]

8oz FLAT IRON STEAK €21

Served with chimichurri, grilled asparagus, sea salt flakes [1.1, 4, 8, 12]

GFP SMASH BURGER €17

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

CHILLI BACON JAM SMASH BURGER €18

Two premium Irish beef patties, bacon chilli jam, American cheese,
black garlic mayo, toasted sesame brioche bun
[1.1, 4, 5, 8, 10, 12]

KOREAN SMASH BURGER €17

Two premium Irish beef patties, Korean BBQ glaze, chipotle aioli, ruby
slaw, Asian style pickled cucumber, toasted sesame brioche bun
[1.1, 4, 5, 8, 10, 12]

SLOW BRAISED BRISKET BUN €17

Slow-braised beef brisket, American cheese, caramelised
onion, toasted sesame brioche bun, beef jus dip [1.1, 4, 5, 8, 10, 12]

FULLY LOADED

LOADED CRISPY POTATOES €9

Crispy tater tots, topped with tomato, melted mozzarella cheese [V]
[1.1, 4]

BRISKET LOADED POTATOES €11

Shredded Irish beef, crispy tater tots, melted cheese, beef jus,
buttermilk garlic sauce [1.1, 4, 5, 8, 10, 12, 14]

LOADED PEPPERONI WAFFLE FRIES €11

Waffle fries topped with San Marzano sauce, melted mozzarella, crispy
pepperoni, parmesan [1.1, 4]

BACON & TRUFFLE MAYO LOADED FRIES €11

Connoisseur rustic fries, smoked bacon lardons, black garlic & truffle
mayo, parmesan, parsley [1.1, 4, 5, 8, 12]

GOLDEN FRIED CHICKEN

KOREAN STYLE CHICKEN BURGER €15

Korean-style BBQ glazed crispy chicken, shredded lettuce,
Asian style pickled cucumber, toasted sesame brioche bun
[1.1, 4, 5, 8, 10, 11, 12]

LOUISIANA CHICKEN €15

Shredded chicken, Louisiana sauce, shredded
lettuce, crispy onion rings, garlic aioli, toasted sesame brioche bun
[1.1, 4, 5, 8, 10, 12]

HOT HONEY CHICKEN BURGER €16

Hot honey crispy chicken, bacon chilli jam, shredded lettuce,
chipotle mayo, toasted sesame brioche bun
[1.1, 4, 5, 8, 10, 11, 12]

BACON & CHEESE CHICKEN BURGER €16

Crispy chicken, smoked bacon, American cheese, lettuce,
chipotle mayo, sesame brioche bun [1.1, 4, 5, 8, 10, 11, 12]

GOURMET FOOD PARLOUR

PIZZA & GRILL

FROM THE PIZZA OVEN

CLASSIC MARGHERITA €15

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

THE HILL OF TARA €16

San Marzano tomato sauce, Fior di Latte mozzarella, buffalo mozzarella,
garlic & fennel salami [1.1, 4]

BBQ BLAST €17

San Marzano tomato sauce, BBQ braised beef, Fior di Latte mozzarella,
buffalo mozzarella, red onion, roasted red pepper [1.1, 4]

PEPPERONI PICANTE €17

San Marzano tomato sauce, Fior di Latte mozzarella, spicy pepperoni,
drizzled with hot honey [1.1, 4]

ROMA CRISPY CAESAR €17

White sauce, Fior di Latte mozzarella, roasted chicken, smoked crispy
streaky bacon, fresh grated parmesan, crispy lettuce drizzled with
Caesar dressing [1.1, 4]

PISTACHIO E STRACIATELLA €18

San Marzano tomato sauce, Fior di Latte mozzarella, pistachio
mortadella, crushed pistachios, rocket, stracciatella [1.1, 2.7, 4]

**All pizzas are served with our famous buttermilk garlic sauce*

FLATBREADS

CRISPY CHICKEN FLATBREAD €12

Crispy chicken, Korean glaze, ruby slaw, pickled cucumber [1.1, 4, 5, 10, 11]

HOT HONEY CHICKEN FLATBREAD €12

Crispy chicken, sweet & spicy hot honey glaze, ruby slaw, pickled red
onion [1.1, 4, 5, 8, 10, 11]

CHICKEN SHAWARMA FLATBREAD €13

Spiced chicken, shredded red onion, crispy lettuce, tomato, garlic
buttermilk sauce [1.1, 4, 5, 10, 11]

BOWLS & GREENS

HALLOUMI & HUMMUS SALAD €18

Roasted beetroot hummus, grilled halloumi, baby leaves, pickled red
onion, quinoa, roasted beetroot, cherry tomato, basil citrus dressing
[GF] Vegan option: Change for grilled tofu [4, 8, 11, 12] [GF]

SIGNATURE CAESAR SALAD €19

Grilled chicken breast, crispy bacon, baby gem, crunchy garlic & herb
sourdough croutons, parmesan, Caesar dressing [1.1, 4, 5, 6, 8, 10, 14, 15]

KOREAN CHICKEN RICE BOWL €20

Crispy chicken, Korean BBQ glaze, basmati rice, avocado,
kale, pickled cucumber, ruby slaw, sesame seeds, sriracha mayo
[1.1, 4, 5, 8, 10, 11, 12] Vegan option: BBQ Korean glazed grilled tofu
[8]

HOT HONEY CHICKEN BOWL €20

Sweet & spicy crispy chicken, fragrant rice, pickled onion, shredded
lettuce, fresh avocado, ruby slaw, jerk mayo
[1.1, 4, 5, 8, 10, 11] Vegetarian option: Hot honey-coated grilled tofu [8]

ADD-ONS: Avocado €2.6 | Chicken €3.5 | Prawns €5 [7, 2]

ON THE SIDE

Brown Butter Crispy Gratin Fries €6.5 [1.1, 4, 8]

Connoisseur Rustic Fries €5.5 [1.1, 8]

Sweet Potato Fries €5.5 [1.1, 8]

Waffle Fries €5.5 [1.1, 8]

Crispy Tater Tots €5.5 [1.1, 8]

Buttermilk Onion Rings €5 [1.1, 4]

Truffle Mayonnaise €3 [5, 12]

Garlic Aioli €2 [5]

Black Garlic & Chive Aoli €2 [5, 12]

Chipotle Aioli €2 [5]

Buttermilk Garlic Sauce €2 [4, 5]

Peppercorn Sauce €3 [4, 8, 10, 12, 14]

Homemade Gravy €3 [8, 10, 12, 14]



GOURMET FOOD PARLOUR

PIZZA & GRILL

SPECIALITY SPRITZ & COCKTAILS

HUGO SPRITZ €11

Elderflower liqueur, fresh lime & mint, prosecco, soda water [12]

CAMPARI SPRITZ €11

Campari, prosecco frizzante, soda water, orange slice [12]

RHUBARB APEROL SPRITZ €12

Drumshanbo Gunpowder Irish Gin, Aperol, rhubarb syrup, soda water [12]

MADGARITA €12

Jose Cuervo Tequila, Fire & 5ft Chili and Blood Orange, mango, lime juice, fresh chillies

CUCUMBER MARTINI €11

Drumshanbo Gunpowder Gin, Fire & 5th Chilli and Blood Orange, cucumber, lime juice

PINK BERRY FIZZ €11

istil 38 Pink Berries Vodka, sugar syrup, fresh lemon juice, soda water

POT STILL LEMONADE €11.5

Jameson, orange liquor, fresh lemon juice, lemon and lime soda

MODERN CLASSIC COCKTAILS

PORNSTAR MARTINI €12

istil 38 Vanilla Vodka, Giffard Passionfruit Liqueur, passionfruit puree, lemon juice, apple juice, egg whites [5]

ESPRESSO MARTINI €11

istil 38 Vanilla Vodka, Copeland Coffee Liqueur, double espresso, vanilla syrup, chocolate bitters

WHISKEY SOUR €12

Jameson Irish Whiskey, Angostura bitters, lemon juice, vanilla syrup, egg whites [5]

STRAWBERRY & LIME TOM COLINS €11

Drumshanbo Gunpowder Irish Gin, strawberries, fresh lime juice, soda water

THE CHERRY ON TOP

VALRHONA CHOCOLATE FONDANT €9

Warm dark chocolate fondant, served with Madagascan vanilla ice cream, salted caramel sauce, cocoa nib crumble and fresh strawberries [1, 4, 5, 8]

PISTACHIO BAKEWELL €9

Delicate pistachio frangipane tart with pistachio crème, raspberry gel, and toasted pistachio crumb [1, 2, 7, 3, 4, 5, 8]

LEMON MERINGUE €9

Lemon tart with torched Italian meringue, raspberry gel, crushed meringue, and fresh mint [1,1,5]

CHEF'S SPECIAL CHEESECAKE €9

Velvet Cheesecake, black cherry compote, chocolate shavings, homemade chocolate sauce, hazelnut crumb [1, 2, 4, 5, 8]

RASPBERRY PAVLOVA €9

Crisp raspberry meringue shell with soft centre, Chantilly cream, fresh strawberries, cherry compote, white chocolate shards and mint [GF] [4, 5]

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.

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.

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!