

# GOURMET FOOD PARLOUR

## Lunch Menu

### Light Bites

|  |      |
|--|------|
| <b>GFP CHICKEN WINGS</b><br>Louisiana sauce or BBQ bourbon sauce,<br>garlic aioli or blue cheese dip<br>[1.1, 4, 5, 8, 10, 11, 12, 14] | €8   |
| <b>BONELESS CHICKEN BITES</b><br>Plain, Louisiana, or BBQ bourbon sauce,<br>garlic aioli or blue cheese dip [1.1, 4, 5, 8]             | €7   |
| <b>SOUP OF THE DAY</b><br>Rustic bread [1.1, 4, 11, 15]  | €6.5 |

### Mains

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| <b>CAJUN CHICKEN QUESADILLAS</b><br>Monterey Jack cheese, tex mex salsa,<br>guacamole & sour cream dips, rustic fries<br>[1.1, 4, 5, 8, 12]*   | €16.5 |
| <b>GFP CHICKEN WINGS</b><br>Louisiana or BBQ bourbon sauce, rustic fries,<br>garlic aioli or blue cheese dip<br>[1.1, 4, 5, 8, 10, 11, 12, 14]*  | €16   |
| <b>HEREFORD BEEF BURGER</b><br>Smoked applewood cheese, red onion, lettuce,<br>tomato, relish, aioli, brioche bun, rustic fries<br>[1.1, 4, 5, 10]<br>Add streaky bacon €1.50*             | €18   |
| <b>BUTTERMILK SOUTHERN FRIED<br/>CHICKEN BURGER</b><br>Tomato, lettuce, red onion, chipotle aioli,<br>chicken gravy, brioche bun rustic fries<br>[1.1, 4, 5, 10] Add streaky bacon +€1.50* | €18   |
| <b>CHICKEN &amp; CHORIZO LINGUINE</b><br>Sundried tomato & shallot prosecco cream,<br>parmesan & rocket [1.1, 4, 12]<br>Add garlic bread +€2.00  | €15.5 |
| <b>THAI RED SWEET POTATO &amp; RED PEPPER<br/>CURRY</b><br>Steamed basmati rice [VE] [V] [GF] [8, 14, 15]<br>Add Chicken/Prawns [7.2] +€3  | €14   |

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|---|-----|
| <b>THAI RED SWEET POTATO &amp; RED PEPPER<br/>CURRY</b><br>Steamed basmati rice [VE] [V] [GF] [8, 14, 15]<br>Add Chicken/Prawns [7.2] +€3 | €14 |
|---|-----|

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

### Sides

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|--|------|
| <b>RUSTIC FRIES</b><br>Garlic aioli [1.1, 5]                                 | €4.5 |
| <b>SWEET POTATO FRIES</b><br>Chipotle aioli [1.1, 5]                         | €5   |
| <b>WAFFLE FRIES</b><br>Chipotle aioli [1.1, 5]                               | €5   |
| <b>PATATAS BRAVAS</b><br>Salsa, aioli [1.1, 5]                               | €7   |
| <b>FANCY FRIES</b><br>Parmesan cheese, truffle oil,<br>fresh chives [1.1, 4] | €6   |
| <b>HOUSE SIDE SALAD</b><br>Tossed green salad                                | €5   |

### Sandwiches

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|--|-------|
| <b>FAMOUS ROAST CHICKEN</b><br>Roast chicken, stuffing, garlic aioli,<br>spring onion, Bretzel granary [1.1, 4, 5, 8, 11]  | €10.5 |
| <b>CAJUN CHICKEN WRAP</b><br>Cajun chicken, Monterey Jack cheese, red onion,<br>rocket, tomato, toasted wrap [1.1, 4, 5, 8, 10]  | €10.5 |
| <b>TRIPLE DECKER CLUB SANDWICH</b><br>Roast chicken, crispy bacon, tomato,<br>Dubliner cheddar, free range egg, mixed leaves,<br>pesto mayonnaise, toasted bloomer<br>[1.1, 1.2, 4, 5] | €13   |
| <b>SUPERFOOD WRAP</b><br>Avocado, roast beets, feta cheese, spinach,<br>grated carrot, pumpkin seeds, honey mustard<br>dressing, toasted wrap [V] [1.1, 4, 10]                         | €9.5  |
| <b>LOUISIANA CHICKEN WRAP</b><br>Louisiana chicken goujons, cos lettuce,<br>red onion, blue cheese aioli, toasted wrap<br>[1.1, 4, 5, 8, 10]   | €11   |
| <b>BBQ BEEF BRISKET</b><br>Slow cooked beef brisket, smoked applewood<br>cheese, crispy onion on toasted sub roll with a<br>rich BBQ dipping sauce [1.1, 4, 10, 14]                    | €12.5 |
| <b>TOASTED GOATS CHEESE CIABATTA</b><br>Goats cheese, sundried tomatoes, rocket,<br>red onion marmalade, toasted ciabatta [1.1, 4, 12]   | €9.5  |
| <b>SANDWICH OF THE WEEK</b><br>Ask server for more information   |       |
| <b>Gluten free bread available</b>   |       |
| <b>SANDWICH ADD-ONS</b>  |       |
| Cup of Soup of the Day   | €3    |
| Cheddar Cheese [4]   | €1    |
| Irish Bacon  | €2    |
| Roast Chicken  | €3    |

### Salads & Bowls

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|--|-------|
| <b>CHICKEN &amp; BACON CAESAR</b><br>Roast chicken, Irish bacon, cos lettuce,<br>parmesan shaving, croutons, Caesar dressing<br>[1.1, 4, 5, 6, 8, 14]  | €14.5 |
| <b>BRISKET OF BEEF BOWL</b><br>Jasmine rice, pickled slaw, tomato,<br>red kidney beans, tomato pepper salsa,<br>guacamole, sour cream [GF] [4, 10, 14]   | €15.5 |
| <b>GRILLED SESAME HALLOUMI BOWL</b><br>Sesame crusted halloumi, jasmine rice,<br>slow roast peppers, fresh avocado, tomato, red<br>kidney beans, soya, ginger & honey salsa<br>[GF] [V] [4, 8, 11] | €14.5 |
| <b>GOATS CHEESE SALAD</b><br>Candied walnuts, beetroot, fig, red onion,<br>rocket, balsamic dressing [V] [2.3, 4, 12]  | €13.5 |
| <b>SUPERFOOD SALAD</b><br>Quinoa, beetroot, butternut squash,<br>pomegranate, mixed leaves, citrus dressing,<br>toasted seeds [VE] [V] [GF] [8]  | €13.5 |
| <b>ADD-ONS</b>   |       |
| Halloumi [4]   Avocado   | €2    |
| Chicken   Prawn [7.2]  | €3    |

### Cold Drinks

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| <b>ALL ABOUT KOMBUCHA</b><br>Ginger & Lemon Organic / Raspberry                   | €3.5                       |
| <b>FENTIMANS DRINKS</b><br>Ginger Beer / Sparkling Elderflower /<br>Rose Lemonade | €4                         |
| <b>MINERALS</b><br>Coke / Coke Zero / 7up / 7up Free /<br>Club Orange             | €3.2                       |
| <b>SAN PELLEGRINO</b><br>Lemon  | €3.75                      |
| <b>JUICES</b><br>Apple / Orange   | €4                         |
| <b>WILD ORCHARD SMOOTHIES</b><br>Strawberry / Mango & Passionfruit                | €4.2                       |
| <b>FIOR UISCE WATER</b><br>Still or Sparkling                                     | €2.5 (250ml)<br>€5 (750ml) |

### Hot Drinks

Featuring our very own, full bodied Parlour House Blend.  
Roasted & blended in Ireland, this premium coffee carries notes of  
caramel and cocoa.

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| <b>ESPRESSO</b>   | €2.6  |
| <b>AMERICANO</b>  | €3.25 |
| <b>CAPPUCCINO [4]</b>   | €3.8  |
| <b>LATTE [4]</b>  | €3.8  |
| <b>FLAT WHITE [4]</b>   | €3.7  |
| <b>MOCHA [4]</b>  | €4.2  |
| <b>CHAI LATTE [4]</b>   | €3.7  |
| <b>HOT CHOCOLATE [4]</b>  | €4.3  |
| <b>IRISH BREAKFAST TEA</b>  | €3    |
| <b>ORGANIC HAND-STITCHED TEA PILLOWS</b><br>Camomile / Peppermint / Wild Berry / Earl<br>Grey / Green Tea / Decaf | €3.3  |
| <b>ADD A SYRUP</b><br>Vanilla / Hazelnut [2.2] / Caramel  | 70c   |
| <b>SOY [8] / ALMOND [2.1] / OAT MILK [1.4]</b>  | 50c   |
| <b>COCONUT MILK</b>   |       |

Decaf available on request

(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!)

We always endeavour to make sure your GFP experience is as seamless as possible, but we are only human!  
If we do make a rare mistake please bear with us and we'll rectify for you as quickly as possible!

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## Lunch Menu

### 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 15. VARIES

[GF] GLUTEN FREE • [V] VEGETARIAN • [VE] VEGAN

All precaution is taken while preparing food in our kitchens. Our kitchen is NOT a nut and gluten free environment

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

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