

GOURMET FOOD PARLOUR

Lunch Menu Salthill

Light Bites

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

Mains

CAJUN CHICKEN QUESADILLAS Monterey Jack cheese, tex mex salsa, guacamole & sour cream dips, rustic fries [1.1, 4, 5, 8, 12]*	€16
GFP CHICKEN WINGS Louisiana or BBQ bourbon sauce, rustic fries, garlic aioli or blue cheese dip [1.1, 4, 5, 8, 10, 11, 12, 14]*	€15
HEREFORD BEEF BURGER Smoked applewood cheese, red onion, lettuce, tomato, relish, aioli, brioche bun, rustic fries [1.1, 4, 5, 10] Add streaky bacon €1.50*	€16
BUTTERMILK SOUTHERN FRIED CHICKEN BURGER Tomato, lettuce, red onion, chipotle aioli, chicken gravy, brioche bun rustic fries [1.1, 4, 5, 10] Add streaky bacon +€1.50*	€17
MICIL POITIN BATTERED FISH & CHIPS Fresh hake, hand cut chips, tartare sauce [1.1, 6, 12]	€17.5
CHICKEN & CHORIZO LINGUINE Sundried tomato & shallot proscallo cream, parmesan & rocket [1.1, 4, 12] Add garlic bread +€2.00	€15.5
THAI RED SWEET POTATO & RED PEPPER CURRY Steamed basmati rice [VE] [V] [GF] [8, 14, 15] Add Chicken/Prawns [7.2] +€3	€14

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

Sides

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

Sandwiches

FAMOUS ROAST CHICKEN Roast chicken, stuffing, garlic aioli, spring onion, Bretzel granary [1.1, 4, 5, 8, 11]	€9.5
CAJUN CHICKEN WRAP Cajun chicken, Monterey Jack cheese, red onion, rocket, tomato, toasted wrap [1.1, 4, 5, 8, 10]	€9.5
TRIPLE DECKER CLUB SANDWICH Roast chicken, crispy bacon, tomato, Dubliner cheddar, free range egg, mixed leaves, pesto mayonnaise, toasted bloomer [1.1, 1.2, 4, 5]	€13
SUPERFOOD WRAP Avocado, roast beets, feta cheese, spinach, grated carrot, pumpkin seeds, honey mustard dressing, toasted wrap [V] [1.1, 4, 10]	€9
LOUISIANA CHICKEN WRAP Louisiana chicken goujons, cos lettuce, red onion, blue cheese aioli, toasted wrap [1.1, 4, 5, 8, 10]	€10.5
BBQ BEEF BRISKET Slow cooked beef brisket, smoked applewood cheese, crispy onion on toasted sub roll with a rich BBQ dipping sauce [1.1, 4, 10, 14]	€12.5
TOASTED GOATS CHEESE CIABATTA Goats cheese, sundried tomatoes, rocket, red onion marmalade, toasted ciabatta [1.1, 4, 12]	€9.5

SANDWICH OF THE WEEK
Ask server for more information

Gluten free bread available

SANDWICH ADD-ONS	
Cup of Soup of the Day	€3
Cheddar Cheese [4]	€1
Irish Bacon	€2
Roast Chicken	€3

Salads & Bowls

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

Cold Drinks

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

ESPRESSO	€2.6
AMERICANO	€3.25
CAPPUCCINO [4]	€3.5
LATTE [4]	€3.5
FLAT WHITE [4]	€3.4
MOCHA [4]	€4
CHAI LATTE [4]	€3.7
HOT CHOCOLATE [4]	€4.3
IRISH BREAKFAST TEA	€2.5
ORGANIC HAND-STITCHED TEA PILLOWS Camomile / Peppermint / Wild Berry / Earl Grey / Green Tea / Decaf	€3
ADD A SYRUP Vanilla / Hazelnut [2.2] / Caramel	70c
SOY [8] / ALMOND [2.1] / OAT MILK [1.4]	50c
COCONUT MILK	
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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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

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