

# GOURMET FOOD PARLOUR

## A LA CARTE DINNER MENU

### STARTERS

**Beef & Chorizo Meatballs: €10.00**

Rich Marinara sauce, parmesan shavings, pesto drizzle,  
rustic bread  
[1.1, 4, 5, 10, 12, 14]

**Prawns Pil Pil: €11.00**

Rustic bread [1.1, 7.2]

**Louisiana Chicken Wings: €8.00**

Blue cheese dip  
[1.1, 4, 5, 8, 10, 11, 12, 14]

**Vegan Boneless Bites: €7.00**

Louisiana sauce [1.1]

**Goats Cheese Salad: €9.00**

Toasted walnuts, beetroot, apple, red onion, rocket,  
balsamic dressing [2.3, 4, 12]  
Switch for Crumbled Tofu [8] for Vegan option

**Salt & Pepper Calamari: €8.50**

Chipotle aioli [1.1, 4, 5, 8, 9.3]

**Patatas Bravas: €7.00**

Salsa, garlic aioli [V] [1.1]  
Add chorizo +€1.00

**Rustic Breads & Dips: €7.00**

Hummus, pesto, sundried tomato pesto  
[1.1, 2.1, 2.3, 2.4, 3, 4, 8, 11]

### MAINS

**Pan Roast Chicken Supreme: €20.00**

Creamy mashed potato, asparagus, crumbled Clonakilty black pudding, prosecco cream sauce [1.3, 4, 8, 12]

**10oz Ribeye: €28.00**

Sautéed mushrooms & onions, pepper sauce, rustic fries [1.1, 4, 12]  
Add Prawns for a Surf & Turf option +€3.00

**Hereford Beef Burger: €17.00**

Cheese, crispy bacon, red onion, lettuce, tomato, relish & aioli, rustic fries [1.1, 4, 5, 10, 12]

**GFP Roast: €18.00**

Roast turkey, home baked ham, honey roast baby carrots, buttered brussels sprouts,  
creamy mashed potato, onion & sage stuffing, chefs' gravy [1, 4, 10, 14]

**Prawn & Salmon Legendarie Tripoline: €18.00**

Garlic, chili, basil & white wine sauce, topped with parmesan, rustic garlic bread [1.1, 4, 6, 7.2, 12]

**Pan Fried Salmon: €20.00**

Fondant potato, asparagus, citrus cream sauce [4, 6, 8, 12, 14]

**Thai Red Sweet Potato & Red Pepper Curry: €13.00**

Steamed basmati rice [VE] [GF] [8, 14, 15]

Add Chicken/Prawns [7.2] +€3.00

### SIDES

**Rustic Fries: €4.50**

Garlic aioli [1.1]

**Sweet Potato Fries: €5.00**

Chipotle aioli [1.1]

**Mashed Potato: €4.00**

[1.1]

**Seasonal Vegetables: €4.00**

### PIZZAS

**The GFP: €14.00**

Tomato base, grated mozzarella, pancetta,  
chorizo, rocket  
[1.1, 4, 8, 10, 12]

**The Vegetarian: €14.00**

Tomato base, grated mozzarella, goats cheese,  
caramelised red onion, sundried tomato, rocket  
[1.1, 4, 8, 10, 12] [V]

**The Brunch: €14.00**

Tomato base, grated mozzarella, bacon,  
crumbled black pudding, egg, rocket  
[1.1, 1.3, 4, 5, 8, 10, 12]

### DESSERTS

**Warm Apple & Cinnamon crumble: €6.00**

Vanilla bean ice cream [1.1, 4, 5]

**Nutella Cheesecake: €6.00**

Peanut brittle [1.1, 2.2, 3, 4, 5, 8]

**White Chocolate & Winter Berry Roulade: €6.00**

Warm berry compote [4, 5, 8]

**Warm Chocolate Brownie: €6.00**

Vanilla bean ice cream [GF] [2, 4, 5, 15]

**Christmas Pudding: €6.00**

Vanilla bean ice cream [1.1]

### 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

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## **DINNER MENU**